

**SUDA INTERNATIONAL TRAINING CENTER - PLAINFIELD  
PROGRAM SCHEDULE**

Effective 5/1/17

SUDA INTERNATIONAL TRAINING CENTER						
CLASS	MON	TUE	WED	THU	FRI	SAT
SUDA ITC BUSINESS HOURS	5:00 – 8:00 PM	5:00 – 6:00 PM	5:00 – 8:00 PM	5:00 – 6:00 PM	CLOSED	CLOSED
<b>YOUTH CLASSES (5-12)</b>						
SPIDERS STRIKING/KICKBOXING (6-12)	5:00 – 6:00 PM		5:00 – 6:00 PM		CLOSED	
SPIDERS BRAZILIAN JIU-JITSU (Gi)(7-12)		5:00 – 6:00 PM		5:00 – 6:00 PM		
<b>TEEN/ADULT CLASSES (12+)</b>						
STRIKING/KICKBOXING (12+)	6:00 – 7:00 PM		6:00 – 7:00 PM		CLOSED	
BRAZILIAN JIU-JITSU (12+)	7:00 – 8:00 PM		7:00 – 8:00 PM			

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