

SCHEER'S MARTIAL ARTS CLASS SCHEDULE

EFFECTIVE January 4 TO June 30 2022

MONDAY						
	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5	Studio 6
12:00-1:00	MTKB1					
4:30-5:30	Beginner Youth Excel ages 5-7 (white-Gold)					
5:30-6:30	Youth Excel Gold and up					
6:30-7:30	Yth BJJ		MTKB1			
7:30-8:30			MTKB2		BJJ (Gi)	
8:30-9:30			MTKB1			

TUESDAY						
	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5	Studio 6
12:15-12:45	AlphaUP YXE					
4:30-5:30	MTKB1					
5:30-6:30	Advanced Yth Excel		Jr.MMA			
6:00-6:30		AlphaUP YXE				
6:30-7:30	MTKB 2/3	Yth Excel	YTH BJJ		Jr. Weapons	
7:30-8:30	BJJ No Gi		MTKB1			
8:30-9:30						

FRIDAY						
	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5	Studio 6
ALL PM						
5:00-5:50	JR Kickboxing					
6:00-7:00	MTKB1					
7:00-8:00						

Private lessons may be booked at your convenience 7 days a week!!

Classes will not go a full hour to allow time to clean inbetween
 Open mat (members only) can be arranged any time there is a studio open

SUNDAY						
	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5	Studio 6
11:30-12:00						
12:00 - 1:00		MTKB 1				
1:00 - 2:00		BJJ/MMA				
2:00 - 2:30						

STUDIO 1	
	Studio 1
12:00-1:00	MTKB1
4:30-5:30	Beginner Youth Excel ages 5-7 (white-Gold)
5:30-6:30	Youth Excel Gold and up
6:30-7:30	Yth BJJ
7:30-8:30	MTKB2
8:30-9:30	

STUDIO 1	
	Studio 1
12:15-12:45	AlphaUP YXE
4:30-5:30	MTKB1
5:30-6:30	Advanced Yth Excel
6:00-6:30	AlphaUP YXE
6:30-7:30	MTKB 2 / 3
7:30-8:30	BJJ No Gi
8:30-9:30	

STUDIO 1	
	Studio 1
AM	
9:00-9:45	Lil CEO's Youth
9:30-10:45	Adult BJJ core
10:00-10:45	CEO's Youth
11:00-12:00	YTH BJJ
12:00-1:00	Jr.MMA

By appointment only:
 -One-on-one lessons
 - Semi-private classes

2022 FACILITY CLOSURES
 * Feb 20 and 21 for
 * Apr 15, 16 and 17 for
 * May 22 and 23 for
 WATCH FOR IN-HOUSE

Call: 306.664.3677 email: info@scsheer.com

While we do our best to keep students informed, the schedule is subject to change without notice.

