

NAKANO JUDO ACADEMY WEEKLY SCHEDULE



For more information, visit: <http://www.nakanojudo.net/>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Outdoor Training (All Ages) 9:30AM-10:30AM At John Mise Park
					Advanced Outdoor Training (Ages 7 and Up) 10:30AM-11:00AM
					Private Lessons Available After Classes
				Private Lessons Available any time	
Kids (Ages 5-7) 4:30PM-5:15PM In-person & ZOOM		Kids (Ages 5-7) 4:30PM-5:15PM In-person & ZOOM			
Juniors (Ages 7-12) 5:30PM-6:30PM In-person & ZOOM	Core Development (Ages 5-12) 5:00PM-5:30PM ZOOM	Juniors (Ages 7-12) 5:30PM-6:30PM In-person & ZOOM	Core Development (Ages 5-12) 5:00PM-5:30PM ZOOM		
Advanced Juniors (Ages 7-12) 6:30PM-6:45PM In-person	Kids and Juniors (Ages 5-12) 5:45PM-6:45PM In-person	Advanced Juniors (Ages 7-12) 6:30PM-6:45PM In-person	Kids and Juniors (Ages 5-12) 5:45PM-6:45PM In-person		
Adults (Ages 13 and Up) 7:00PM-8:00PM In-person & ZOOM	Strength & Conditioning (Ages 13 and Up) 7:00PM-7:30PM In-person & ZOOM	Adults (Ages 13 and Up) 7:00PM-8:00PM In-person & ZOOM	Strength & Conditioning (Ages 13 and Up) 7:00PM-7:30PM In-person & ZOOM		
Advanced Adults (Ages 13 and Up) 8:00PM-8:30PM In-person	Technical Judo (Ages 13 and Up) 7:30PM-8:30PM In-person	Advanced Adults (Ages 13 and Up) 8:00PM-8:30PM In-person	Technical Judo (Ages 13 and Up) 7:30PM-8:30PM In-person		
Open Mat After Class-9PM	Open Mat After Class-9PM	Open Mat After Class-9PM	Open Mat After Class-9PM		

Join Zoom Meeting

<https://zoom.us/j/4110034404>

Meeting ID: 411 003 4404

John Mise Park:

594 Park Meadow Dr, San Jose, CA 95129