HIGHLANDS SPORTS CENTRE

JUNIORS WEEKLY SCHEDULE 10–14 YEARS

MONDAY	JIU-JITSU 4:00 – 4 :40 PM WRESTLING 5.20 – 6 :00 PM
TUESDAY	JIU-JITSU 4:40 – 5 :20 PM WRESTLING 5.20 – 6 :00 PM
WEDNESDAY	JIU-JITSU 4:00 – 4 :40 PM WRESTLING 5.20 – 6 :00 PM
THURSDAY	JIU-JITSU 4:40 – 5 :20 PM WRESTLING 5.20 – 6 :00 PM
FRIDAY	JIU-JITSU 4:00 – 4 :40 PM WRESTLING 5.20 – 6 :00 PM
SATURDAY	ATHLETIC FOUNDATION 10:10 – 10:50 AM