



Virtual Schedule

781 - 245 - 0644 • www.pedrosjudo.com/students • info@pedrosjudo.com

TRAINING SCHEDULE - Click your class to be brought to the Zoom Meeting!

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
11:00 - 11:30am		Tough Tigers		Tough Tigers		
11:45 - 12:15pm		Confident Kids / Future Champions		Confident Kids / Future Champions		
1:30 - 2:30pm						Travis Stevens Judo Workshop on YouTube
3:30 - 4:00pm	Women's Fitness Class		Women's Fitness Class			
4:00 - 4:30pm		Tough Tigers		Tough Tigers		
4:45 - 5:15pm		Confident Kids / Future Champions		Confident Kids / Future Champions		
6:00 - 6:45pm			Fundamental, Black Belt, Jr & Sr Comp Team			
7:15 - 7:45pm		Fundamental, Black Belt, Jr & Sr Comp Team		Fundamental, Black Belt, Jr & Sr Comp Team		
8:30 - 9:30pm		Travis Stevens At Home Workout on YouTube	Travis Stevens Judo Workshop on YouTube		Travis Stevens At Home Workout on YouTube	

ONE-ON-ONE SCHEDULE - By Appointment Only - [CLICK HERE TO BOOK](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
10:30 - 10:45am	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	
10:45 - 11:00am	Virtual One-On-One		Virtual One-On-One		Virtual One-On-One	
11:00 - 11:45am	Virtual One-On-One		Virtual One-On-One		Virtual One-On-One	
11:45 - 12:00pm	Virtual One-On-One		Virtual One-On-One		Virtual One-On-One	
12:45 - 1:00pm	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	
1:00 - 1:15pm	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	
1:15 - 1:30pm	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	Virtual One-On-One	

Arrive 3 - 5 minutes before class in the "waiting room"!

Be sure to be in your judo gi or proper workout attire!

Parents & other family members are welcome to join any class!

Be Ready to ALWAYS Give your BEST!

Students are encouraged to participate minimum of two times per week!

Miss a class? We record all of them and post them on our Students Section!

Keep track of your workouts on your WORKOUT CALENDAR

Have a question? Need help? Email Us info@pedrosjudo.com!