

Monday	Tuesday		Wednesday	Thursday	Friday		Saturday	
06.00-07.00 Fundamentals BJJ (L1)					06.00-07.00 Fundamentals BJJ (L1)			
	9.30am-10.30am Fundamentals BJJ (L1)						09.00-09.45 JJJ Kids All Ages	09.00-10.00 Ladies only BJJ
							10.00-10.45 Little Champs & Juniors	
							10.45-11.45 BJJ Teens	
16.45 -17.30 BJJ Juniors	16.30-17.30 BJJ Teens						11.45-12.30 Kids MMA	
17.30-18.30 BJJ Teens	17.30-18.15 Kids MMA		17.30-18.15 Little Champs		17.00-17.45 BJJ Juniors & Teens		12.30-13.30 Adult MMA	
18.30-19.30 No Gi – leg lock (Intermediate (L2))	18.15-19.15 Adult MMA		18.15-19.15 Fundamentals BJJ (L1)		17.45-18.45 Closed Session		13.30-14.30 Fundamentals BJJ (L1)	
19.30-21.00 Intermediate BJJ (L2)	19.15-20.15 Fundamental BJJ (L1)	19.15-20.15 Intermediate BJJ (L2)	19.15-20.45 Intermediate BJJ (L2)	18.15-19.15 MMA	MAT1 18.45-19.45 Over 40’s BJJ	MAT2 18.45-19.45 No Gi Intermediate (L2)		
	20.15-21.45 Advanced BJJ GI & NO GI (L3)		20.15-21.30 JJJ Adults	19.15-20.15 Fundamentals BJJ (L1)	MAT1 19.45-21.00 Advanced BJJ (L3)	MAT 2 19.45-20.45 JJJ Adults		