

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 -18.00 Kids Wrestling (additional fee) * Starts 09/04/26	17.00-17.45 BJJ Juniors & Teens		12.30-13.30 Adult MMA	
18.30-19.30 Intermediate BJJ (L2)	18.15-19.15 Adult MMA		18.15 – 19.15 JJJ Adults	18.15-19.15 No Gi Fundamentals (L1)	18.15-19.15 MMA	17.45-18.45 Fundamentals BJJ (L1)		13.30-14.30 Fundamentals BJJ (L1)	
19.30-20.30 No Gi – leg lock Intermediate (L2)	19.15-20.15 Fundamental BJJ (L1)	19.15-20.15 Intermediate BJJ (L2)	19.15-20.15 Fundamentals BJJ (L1)	19.15-20.15 Intermediate BJJ (L2)	19.15-20.15 Fundamentals BJJ (L1)	MAT1 18.45-19.45 Over 30's BJJ	MAT2 18.45-19.45 No Gi Fundamental (L1)	14.30-16.00 Adult Wrestling (additional fee)	
20.30-21.45 Adult Wrestling (additional fee)	20.15-21.15 Advanced BJJ GI (L3)					MAT1 19.45-20.45 Advanced BJJ	MAT 2 19.45-20.45 JJJ Adults		