



JUNIORS TIMETABLE (13 YEARS AND UNDER)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:45 PM		FEMALES ONLY		FEMALES ONLY	
4:30PM	Juniors BJJ (13 Years & Under)	Advanced Juniors (Grey Belt & above)	Juniors BJJ (13 Years & Under)		Juniors BJJ (13 Years & Under)
5:15PM	Juniors BJJ (13 Years & Under)	Juniors BJJ (13 Years & Under)	Juniors BJJ (13 Years & Under)		Juniors BJJ (13 Years & Under)
ADULTS CLASS TIMETABLE (14 YEARS +)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM		BJJ All Levels GI Class			
12:00PM	BJJ All Levels GI Class	BJJ All Levels GI Class	BJJ All Levels NO-GI	BJJ All Levels GI Class	BJJ All Levels GI Class
6:00pm	BJJ Beginners GI Class	BJJ Beginners GI Class	BJJ Beginners GI Class	BJJ Beginners NO-GI	BJJ All Levels GI Class (1.5 Hrs)
7:00pm	BJJ All Levels GI Class	BJJ All Levels GI Class	BJJ All Levels GI Class	BJJ All Levels NO-GI	
8:00pm	Open Mat Coloured Belts Only Class	BJJ All Levels GI Class	BJJ Open Mat All Levels	BJJ GI Competition Class	

SATURDAY
Kids BJJ (Ages 5-12 Years) 10:00am
BJJ NO-GI All Levels 11:00AM
Open Mat All Levels 12:00pm