



MAT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:30am	BRAZILIAN JIU JITSU		NO-GI JIU JITSU		BRAZILIAN JIU JITSU	10:00am	JUNIORS JIU JITSU AGES 5-12
12:00pm	BRAZILIAN JIU JITSU 2:00pm ALL LEVELS GI & NO-GI	NO-GI JIU JITSU *	BRAZILIAN JIU JITSU	NO-GI JIU JITSU *	OPEN MAT GI & NO-GI	11:00am	BRAZILIAN JIU JITSU
4:10pm	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS COMP CLASS GI AGES 5-12	JUNIORS JIU JITSU AGES 5-12	JUNIORS JIU JITSU AGES 5-12	12:00pm	OPEN MAT GI & NO-GI
5:00pm	JUNIORS JIU JITSU AGES 5-12	ALL LEVELS / ADVANCED BRAZILIAN JIU JITSU	JUNIORS COMP CLASS GI AGES 5-12	ALL LEVELS / ADVANCED BRAZILIAN JIU JITSU	JUNIORS NO-GI / WRESTLING AGES 5-12		
6:00pm	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU		
7:00pm	ADVANCED BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS	ADVANCED BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU FUNDAMENTALS			

*Classes may be run on mat 1 or 2

CLASS KEY

LIME	BJJ Fundamentals Gi Class dedicated to beginners (less than 4 stripes on White belt) & adults over 35 years of age (Coloured Belts)
SKY	Dedicated to our junior program
TEAL	All students may participate in these classes. They will be mixed level classes suitable for beginners.
GOLD	White Belt 3 Stripe minimum to attend Advanced Class
PURPLE	MMA classes must have completed 6 months of BJJ and Kickboxing

MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:00pm	NO-GI JIU JITSU	JUNIORS NO-GI / WRESTLING	NO-GI JIU JITSU	JUNIORS WRESTLING		9:00am	FUNDAMENTALS MMA
6:00pm	NO-GI ADVANCED	MMA	NO-GI ADVANCED	ADVANCED WRESTLING	NO-GI FUNDAMENTALS JIU JITSU	10:00am	WOMANS ONLY JIU JITSU
7:00pm	NO-GI FUNDAMENTALS JIU JITSU	ADCC ADULT	NO-GI FUNDAMENTALS JIU JITSU	FUNDAMENTALS WRESTLING		11:00am	NO-GI JIU JITSU
						12:00pm	MMA

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Membership packages are all based on a **3 MONTH COMMITMENT WITH NO OPTION OF CANCELLATION.**

Memberships are only payable via Direct Debit.
New Members are required to purchase a uniform

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