



**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	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**

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

## MAT 2

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

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<b>GOLD</b>	White Belt 3 Stripe minimum to attend Advanced GI Class

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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