



KICKBOXING CLASS TIMETABLE

JAN 2024

| DAY | CLASS | TIME | AGE |
|-----------|--|-------------|-----------------------|
| MONDAY | OPEN MAT | 10:00-12:00 | 14YRS / 16YRS + ** |
| TUESDAY | OPEN MAT | 10:00-14:00 | 14YRS / 16YRS + ** |
| | LUNCHTIME KICKBOXING | 13:00-13:45 | 14YRS + |
| | GENESIS KIDS KICKBOXING | 16:00-16:30 | 4-8YRS |
| | GENESIS YOUTH KICKBOXING (UP TO YELLOW GRADE) | 16:45-17:30 | 8-13YRS |
| | GENESIS YOUTH KICKBOXING (ORANGE GRADE +)* | 17:35-18:15 | 8-13YRS |
| | KICKBOXING SESSION (TECHNICAL & BELT SYLLABUS) | 18:30-19:45 | 14YRS+ |
| | KICKBOXING SESSION (PADWORK & SPARRING) | 20:00-21:15 | 14YRS+ |
| WEDNESDAY | OPEN MAT | 10:00-12:00 | 14YRS / 16YRS + ** |
| THURSDAY | OPEN MAT | 10:00-14:00 | 14YRS / 16YRS + ** |
| | LUNCHTIME KICKBOXING | 13:00-13:45 | 14YRS + |
| | GENESIS KIDS KICKBOXING | 16:00-16:30 | 4-8YRS |
| | GENESIS YOUTH KICKBOXING (UP TO YELLOW GRADE) | 16:45-17:30 | 8-13YRS |
| | GENESIS YOUTH KICKBOXING (ORANGE GRADE +)* | 17:35-18:15 | 8-13YRS |
| | KICKBOXING | 18:30-20:00 | 14YRS+ |
| | KICKBOXING: COACHED OPEN SESSION | 20:00-20:45 | 14YRS+ |
| FRIDAY | OPEN MAT | 10:00-12:00 | 14YRS / 16YRS + ** |
| | GENESIS KIDS KICKBOXING | 16:00-16:30 | 4-8YRS |
| | GENESIS YOUTH KICKBOXING (ALL GRADES) | 16:45-17:30 | 8-13YRS |
| | KICKBOXING COMPETITION TRAINING | 17:45-18:30 | 8 YRS + / INVITE ONLY |
| | KICKBOXING SPARRING SESSION | 18:30-19:30 | 14 YRS+ |
| SATURDAY | KICKBOXING | 8:00-9:45 | 8YRS + |
| SUNDAY | KICKBOXING COMPETITION TRAINING | 9:00-10:00 | INVITE ONLY |
| | *EXCEPT COMPETITION DAYS | | |
| | OPEN MAT | 11:30-12:20 | 14YRS / 16YRS + ** |

*ORANGE GRADE PLUS STUDENTS MAY ATTEND CLASSES FOR UP TO YELLOW GRADES UNDER THE UNDERSTANDING THAT THE FOCUS IS FOR BEGINNER STUDENTS.

**STUDENTS ATTENDING ADULTS CLASSES ONLY TO ATTEND OPEN MAT - 14 YEARS PLUS FOR ALL KICKBOXING STUDENTS AND 16 YEARS PLUS FOR BJJ



RGa BRAZILIAN JIU-JITSU CLASS TIMETABLE

JAN 2024

| DAY | CLASS | TIME | AGE |
|-----------|--|-------------|--------------------|
| MONDAY | OPEN MAT | 10:00-12:00 | 14YRS / 16YRS + ** |
| | BRAZILIAN JIU-JITSU (BLUE BELT & ABOVE)* | 12:00-13:00 | 16YRS + |
| | BRAZILIAN JIU-JITSU (WHITE BELTS) | 13:00-14:00 | 16YRS + |
| | KIDS BRAZILIAN JIU-JITSU | 16:00-16:30 | 4-6YRS |
| | YOUTH BRAZILIAN JIU-JITSU | 16:45-17:25 | 7-10YRS |
| | TEENS BRAZILIAN JIU-JITSU | 17:30-18:15 | 11-15YRS |
| | BRAZILIAN JIU-JITSU FUNDAMENTALS | 18:30-19:45 | 16YRS + |
| | BRAZILIAN JIU-JITSU (ALL GRADES) | 20:00-21:15 | 16YRS + |
| TUESDAY | BRAZILIAN JIU-JITSU | 7:00-8:00 | 16YRS + |
| | OPEN MAT | 10:00-14:00 | 14YRS + |
| WEDNESDAY | OPEN MAT | 10:00-12:00 | 14YRS / 16YRS + ** |
| | NO-GI BRAZILIAN JIU-JITSU (BLUE BELT AND ABOVE)* | 12:00-13:00 | 16YRS + |
| | NO-GI BRAZILIAN JIU-JITSU (WHITE BELTS) | 13:00-14:00 | 16YRS + |
| | KIDS BRAZILIAN JIU-JITSU | 16:00-16:30 | 4-6YRS |
| | YOUTH BRAZILIAN JIU-JITSU | 16:45-17:25 | 7-10YRS |
| | TEENS BRAZILIAN JIU-JITSU | 17:30-18:15 | 11-15YRS |
| | BRAZILIAN JIU-JITSU | 18:30-19:45 | 16YRS + |
| | NO-GI BRAZILIAN JIU-JITSU | 20:00-21:15 | 16YRS + |
| THURSDAY | BRAZILIAN JIU-JITSU | 7:00-8:00 | 16YRS + |
| | OPEN MAT | 10:00-14:00 | 14YRS / 16YRS + ** |
| FRIDAY | OPEN MAT | 10:00-12:00 | 14YRS / 16YRS + ** |
| | BRAZILIAN JIU-JITSU (WHITE BELTS) | 12:00-13:00 | 16YRS + |
| | BRAZILIAN JIU-JITSU (BLUE BELT AND ABOVE)* | 13:00-14:00 | 16YRS + |
| SATURDAY | BRAZILIAN JIU-JITSU (TECHNICAL) | 10:00-11:00 | 16YRS + |
| | BRAZILIAN JIU-JITSU (SPARRING) | 11:00-11:45 | 16YRS + |
| | YOUTH & TEENS BRAZILIAN JIU-JITSU | 12:00-13:00 | 7-15YRS |
| SUNDAY | NO-GI BRAZILIAN JIU-JITSU LEG LOCKS | 10:15-11:30 | 16YRS + |
| | OPEN MAT | 11:30-12:20 | 14YRS / 16YRS + ** |

*ADVANCED STUDENTS MAY ATTEND FUNDAMENTAL AND WHITE BELT CLASSES UNDER THE UNDERSTANDING THAT THE FOCUS IS FOR BEGINNER STUDENTS.

**STUDENTS ATTENDING ADULTS CLASSES ONLY TO ATTEND OPEN MAT - 14 YEARS PLUS FOR ALL KICKBOXING STUDENTS AND 16 YEARS PLUS FOR BJJ