



RG A BRAZILIAN JIU-JITSU ADULT CLASS TIMETABLE

SEPTEMBER 24

DAY	CLASS	TIME
MONDAY	OPEN MAT	10:00-12:00
	BRAZILIAN JIU-JITSU (BLUE BELT & ABOVE)	12:00-13:00
	BRAZILIAN JIU-JITSU (WHITE BELTS)*	13:00-14:00
	BRAZILIAN JIU-JITSU (ALL GRADES)	18:30-19:45
	BRAZILIAN JIU-JITSU (ALL GRADES)	20:00-21:15
TUESDAY	BRAZILIAN JIU-JITSU (ALL GRADES)	07:00-08:00
	OPEN MAT	10:00-14:00
WEDNESDAY	OPEN MAT	10:00-12:00
	NO-GI BRAZILIAN JIU-JITSU (BLUE BELT AND ABOVE)	12:00-13:00
	NO-GI BRAZILIAN JIU-JITSU (WHITE BELTS)*	13:00-14:00
	BRAZILIAN JIU-JITSU (ALL GRADES)	18:30-19:45
	NO-GI BRAZILIAN JIU-JITSU (ALL GRADES)	20:00-21:15
THURSDAY	BRAZILIAN JIU-JITSU (ALL GRADES)	07:00-08:00
	OPEN MAT	10:00-14:00 / 20:00 - 21:15
FRIDAY	OPEN MAT	10:00-12:00
	BRAZILIAN JIU-JITSU (WHITE BELTS)*	12:00-13:00
	BRAZILIAN JIU-JITSU (BLUE BELT AND ABOVE)	13:00-14:00
SATURDAY	BRAZILIAN JIU-JITSU (TECHNICAL) - (ALL GRADES)	10:00-11:00
	BRAZILIAN JIU-JITSU (SPARRING) - (ALL GRADES)	11:00-11:45
SUNDAY	NO-GI BRAZILIAN JIU-JITSU LEG LOCKS (WHITE 2STRIPE+)	10:15-11:30
	OPEN MAT	11:30-12:20

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



RG A BRAZILIAN JIU-JITSU KIDS/YOUTH/TEEN TIMETABLE

SEPTEMBER 24

KIDS BRAZILIAN JIU-JITSU AGES 4 - 7

16:00 - 16:30 - MONDAY AND WEDNESDAY

YOUTH BRAZILIAN JIU-JITSU AGES 7 - 10

16:40 - 17:25 - MONDAY AND WEDNESDAY

12:00 - 13:00 - SATURDAY

TEEN BRAZILIAN JIU-JITSU AGES - 11 - 15

17:30 - 18:15 - MONDAY AND WEDNESDAY

12:00 - 13:00 - SATURDAY



KICKBOXING ADULT CLASS TIMETABLE

SEPTEMBER 24

DAY	CLASS	TIME
MONDAY	OPEN MAT	10:00-12:00
TUESDAY	OPEN MAT LUNCHTIME KICKBOXING KICKBOXING (Technical and Belt Syllabus) KICKBOXING (Padwork and Sparring)	10:00-14:00 13:00-13:45 18:30-19:45 20:00-21:15
WEDNESDAY	OPEN MAT	10:00-12:00
THURSDAY	OPEN MAT LUNCHTIME KICKBOXING KICKBOXING OPEN MAT	10:00-14:00 13:00-13:45 18:30-19:45 20:00-21:15
FRIDAY	OPEN MAT KICKBOXING COMPETITION TRAINING (invite only) KICKBOXING SPARRING SESSION	10:00-12:00 17:30-18:15 18:30-19:30
SATURDAY	KICKBOXING (Padwork and Fitness) KICKBOXING (Grading Bootcamp)	08:00-09:00 09:00-09:45
SUNDAY	KICKBOXING COMPETITION TRAINING (except for competition days) - invite only OPEN MAT	09:00-10:00 11:30-12:20



KICKBOXING KIDS/YOUTH/TEEN TIMETABLE

SEPTEMBER 24

KIDS KICKBOXING AGES 4 - 7

16:00-16:30 - TUESDAY, THURSDAY AND FRIDAY

YOUTH KICKBOXING AGES 7 - 10

16:40-17:25 - TUESDAY AND THURSDAY. FRIDAY COMBINED YOUTH AND TEEN

17:30-18:15 - FRIDAY COMPETITION TRAINING (invite only)

09:00-09:45 - SATURDAY

09:00-10:00 - SUNDAY COMPETITION TRAINING (except for competition days) - invite only

TEEN KICKBOXING AGES 11 - 15

17:30-18:15 - TUESDAY AND THURSDAY

16:40-17:25 - FRIDAY COMBINED YOUTH AND TEEN

17:30-18:15 - FRIDAY COMPETITION TRAINING (invite only)

09:00-09:45 - SATURDAY

09:00-10:00 - SUNDAY COMPETITION TRAINING (except for competition days) - invite only