



RG A BRAZILIAN JIU-JITSU ADULT CLASS TIMETABLE

OCTOBER 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 |
| | NO-GI BRAZILIAN JIU-JITSU (ALL GRADES) | 11:45-12:45 |
| | 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 |
| 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 10:00-14:00 |
| 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