



# RG A BRAZILIAN JIU-JITSU ADULT CLASS TIMETABLE

APRIL 25

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

FEBRUARY 25

## 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 - 18:20 - MONDAY AND WEDNESDAY

12:00 - 13:00 - SATURDAY



# KICKBOXING ADULT CLASS TIMETABLE

APRIL 25

DAY	CLASS	TIME
<b>MONDAY</b>	OPEN MAT	10:00-12:00
<b>TUESDAY</b>	OPEN MAT LUNCHTIME MUAY THAI 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
<b>WEDNESDAY</b>	OPEN MAT	10:00-12:00
<b>THURSDAY</b>	OPEN MAT LUNCHTIME MUAY THAI LUNCHTIME KICKBOXING COMBAT CONDITIONING KICKBOXING	10:00-14:00 12:00-12:45 13:00-13:45 18:30-19:10 19.15-20.30
<b>FRIDAY</b>	OPEN MAT KICKBOXING COMPETITION / SPARRING SESSION	10:00-12:00 18:30-19:30
<b>SATURDAY</b>	KICKBOXING (Padwork and Fitness) KICKBOXING (Ages 7+)	08:00-09:00 09:00-09:45
<b>SUNDAY</b>	KICKBOXING COMPETITION TRAINING - invite only OPEN MAT	09:00-10:00 11:30-12:20



# KICKBOXING KIDS/YOUTH/TEEN TIMETABLE

APRIL 25

DAY	CLASS	TIME
<b>TUESDAY</b>	KIDS KICKBOXING (Age 4-7)	16:00-16:30
	YOUTH KICKBOXING (Age 7-10)	16:40-17:25
	TEENS KICKBOXING (Age 11-15)	17:30-18.20
<b>THURSDAY</b>	KIDS KICKBOXING (Age 4-7)	16:00-16:30
	YOUTH KICKBOXING (Age 7-10)	16:40-17:25
	TEENS KICKBOXING (Age 11-15)	17:30-18.20
<b>FRIDAY</b>	KIDS KICKBOXING (Age 4-7)	16:00-16:30
	YOUTH & TEENS KICKBOXING (Technical and Belt Syllabus)	16:40-17:25
	YOUTH & TEENS KICKBOXING (Sparring Workshop)** <b>NEW</b> **	17:30-18.20
<b>SATURDAY</b>	KICKBOXING (Ages 7+ including Adults)	09:00-09:45
<b>SUNDAY</b>	KICKBOXING COMPETITION TRAINING (except for competition days) - invite only	09:00-10:00