

BJJ ADULT TIMETABLE

MONDAY	
07:00 - 08:00	BJJ GI (ALL GRADES)
12:00 - 13:00	BJJ GI BLUE BELTS +
13:00 - 14:00	BJJ GI WHITE BELTS
18:30 - 19:10	BJJ BEGINNERS GI (6 WEEK COURSE)
19:15 - 20:30	BJJ GI (ALL GRADES)

TUESDAY	
07:00 - 08:00	BJJ GI (ALL GRADES)
12:00 - 13:00	BJJ NO-GI (ALL GRADES)
18:15 - 19:45	BJJ NO-GI (ALL GRADES)

WEDNESDAY	
07:00 - 08:00	BJJ GI (ALL GRADES)
12:00 - 13:00	BJJ NO-GI BLUE BELTS +
13:00 - 14:00	BJJ NO-GI WHITE BELTS
18:30 - 19:10	BJJ GI WHITE BELT FUNDAMENTALS
19:15 - 20:30	BJJ GI (ALL GRADES)

THURSDAY	
07:00 - 08:00	BJJ GI (ALL GRADES)
18:15 - 19:45	BJJ NO-GI (ALL GRADES)

FRIDAY	
12:00 - 13:00	BJJ GI BLUE BELTS +
13:00 - 14:00	BJJ GI WHITE BELTS
18:45 - 20:00	BJJ GRAPPLING ROUNDS (ALL GRADES)

SATURDAY	
09:15 - 10:20	BJJ GI WHITE BELTS
09:40 - 10:40	FAMILY BJJ (AGE 4+)
10:30 - 11:45	BJJ GI BLUE BELTS +

SUNDAY	
09:00 - 10:00	WOMENS ONLY OPEN MAT
10:00 - 11:15	BJJ NO-GI LEG LOCKS WHITE 2 STRIPE +

OPEN MAT	
07:00 - 21:00	MONDAY & WEDNESDAY
07:00 - 20:30	TUESDAY, THURSDAY & FRIDAY
08:30 - 09:30 11:00 - 12:00 13:00 - 14:00	SATURDAY
09:00 - 13:00	SUNDAY

ADVANCED STUDENTS MAY ATTEND WHITE BELT CLASSES UNDER THE UNDERSTANDING THAT FOCUS IS ON BEGINNER STUDENTS



BJJ KIDS YOUTH & TEEN TIMETABLE

MONDAY	
16:00 - 16:30	BJJ GI KIDS 4 - 7YRS
16:40 - 17:25	BJJ GI YOUTH 8 - 10YRS
17:30 - 18:20	BJJ GI TEENS 11 - 15YRS

FRIDAY	
16:00 - 16:30	BJJ GI KIDS 4 - 7YRS
17:30 - 18:30	BJJ YOUTH AND TEEN COMP CLASS 8-15YRS

TUESDAY	
17:00 - 18:00	BJJ NO-GI YOUTH & TEEN 8-15YRS

SATURDAY	
09:40 - 10:40	FAMILY BJJ (AGE 4+)
11:00 - 11:50	BJJ GI YOUTH 8-10YRS
12:00 - 13:00	BJJ GI TEENS 11 - 15YRS

WEDNESDAY	
16:00 - 16:30	BJJ GI KIDS 4 - 7YRS
16:40 - 17:25	BJJ GI YOUTH 8 - 10YRS
17:30 - 18:20	BJJ GI TEENS 11 - 15YRS

THURSDAY	
17:00 - 18:00	BJJ NO-GI YOUTH & TEEN 8-15YRS

