

BJJ ADULT TIMETABLE

13th April - 24th May

| 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 GI WHITE BELT FUNDAMENTALS |
| 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 BEGINNERS GI (6 WEEK COURSE) |
| 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 |
| 18:30 - 20:00 | BJJ GRAPPLING ROUNDS (ALL GRADES) |

| SATURDAY | |
|---------------|------------------------|
| 09:15 - 10:20 | BJJ GI WHITE BELTS |
| 09:40 - 10:25 | FAMILY BJJ (AGE 4+) |
| 10:30 - 11:45 | BJJ GI BLUE BELTS + |

| SUNDAY | |
|---------------|---|
| 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 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 |

| TUESDAY | |
|---------------|-----------------------------------|
| 16:30- 17:00 | BJJ GI KIDS 4 - 7YRS |
| 17:15 - 18:00 | BJJ NO-GI YOUTH & TEEN 8-15YRS |

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

| FRIDAY | |
|---------------|--|
| 16:00 - 16:30 | BJJ GI KIDS 4 - 7YRS |
| 17:45 - 18:30 | BJJ YOUTH AND TEEN COMP CLASS 8-15YRS |

| SATURDAY | |
|---------------|-------------------------|
| 09:40 - 10:25 | FAMILY BJJ (AGE 4+) |
| 11:00 - 11:50 | BJJ GI YOUTH 8-10YRS |
| 12:00 - 13:00 | BJJ GI TEENS 11 - 15YRS |

