



## ADVANCE MARTIAL ARTS CLASS TIMETABLE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6AM	BJJ				BJJ				BJJ			
7AM												
8AM											BJJ	<u>OPEN MAT</u>
9AM											KIDS BJJ/SELF DEFENCE	<u>OPEN MAT</u>
10AM											LADIES BJJ	<u>OPEN MAT</u>
12PM	BJJ				BJJ				BJJ			
4.20PM	KIDS BJJ/SELF DEFENCE				KIDS BJJ/SELF DEFENCE							
5PM	JUNIORS BJJ/SELF DEFENCE				JUNIORS BJJ/SELF DEFENCE							
5.45PM									BJJ FUND			
6PM	BJJ FUND	MMA FIT 2 FIGHT		MMA	BJJ FUND	MMA FIT 2 FIGHT		MMA	<u>OPEN MAT</u>			
6.45PM	BJJ DRILLS ALL LEVELS	BOXING	BJJ COLOUR BELTS	BOXING	BJJ DRILLS ALL LEVELS	BOXING	BJJ COLOUR BELTS	BOXING	<u>OPEN MAT</u>			
7.30PM	BJJ	MUAY THAI	BJJ	BOXING	BJJ	MUAY THAI	BJJ	BOXING	<u>OPEN MAT</u>			
8.30PM	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>	<u>OPEN MAT</u>			

Please note: Class timetable is subject to change at times. Club closed on major Public holidays.

Any questions or enquiries, please contact us at reception during STAFFED HOURS: Monday 4pm-9pm, Tuesday 5pm-8pm, Wednesday 4pm-9pm, Thursday 5pm-8pm, Saturday 8am-11am.

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