



ADVANCE MARTIAL ARTS CLASS TIMETABLE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6AM	BJJ				BJJ				BJJ			
8AM											BJJ	OPEN MAT
9AM											KIDS	LADIES BJJ
10AM												
12PM	BJJ				BJJ				BJJ			
4.20PM	KIDS (40mins)				KIDS (40mins)							
5PM	JUNIORS (50mins)				JUNIORS (50mins)							
5.45PM												
6PM	BJJ FUNDAMENTALS	MMA STRIKING CLASS	BJJ OPEN CLASS		BJJ FUNDAMENTALS	MMA STRIKING CLASS	BJJ NO GI OPEN CLASS		BJJ FUNDAMENTALS (45mins)			
7.00PM	BJJ OPEN CLASS		TAKEDOWN CLASS		BJJ OPEN CLASS		OPEN MAT		OPEN MAT			
8.00PM	OPEN MAT		OPEN MAT		OPEN MAT		OPEN MAT		OPEN MAT			

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, Saturday 8am-11am.

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