

EPA TIMETABLE

UPDATED: TUESDAY, 1 SEPTEMBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	BJJ OPEN		BJJ OPEN		BJJ OPEN		
07:00							
08:00						BJJ OPEN (plus Juniors)	
09:00						KIDS	
10:00							
11:00							
12:00	BJJ OPEN		OPEN MAT (check on the day)		OPEN MAT (check on the day)		
13:00							
14:00							
15:00							
16:00	KIDS (16:20-17:00)						
17:00		OPEN MAT (check on the day)		OPEN MAT (check on the day)	BJJ FUNDAMENTALS (17:45-18:30)		
18:00	BJJ FUNDAMENTALS	BJJ OPEN	BJJ FUNDAMENTALS	YOGA	OPEN MAT (18:30-19:30)		
	MMA STRIKING		MMA STRIKING (check on the day)				
19:00	BJJ OPEN		BJJ OPEN	BJJ NoGi			
20:00							

'check on the day'