

CHILDRENS CLASS / TIMETABLE

WEDNESDAY

BRAZILIAN JIU JITSU
CHILDRENS / ALL LEVELS
17:00 - 17:50

FRIDAY

BRAZILIAN JIU JITSU
CHILDRENS / ALL LEVELS
17:00 - 17:50

SATURDAY

BRAZILIAN JIU JITSU
CHILDRENS / ALL LEVELS
09:00 - 10:00
MEMBERS ONLY

ADULT CLASS / TIMETABLE

TUESDAY

NO - GI
ADVANCED / ADULTS
11:00 - 12:00
WHITE BELT II STRIPE OR ABOVE

WEDNESDAY

BRAZILIAN JIU JITSU
ADVANCED / ADULTS
11:00 - 12:00
WHITE BELT II STRIPE OR ABOVE

THURSDAY

NO - GI
ADVANCED / ADULTS
11:00 - 12:00
WHITE BELT II STRIPE OR ABOVE

FRIDAY

BRAZILIAN JIU JITSU
ADVANCED / ADULTS
11:00 - 12:00
WHITE BELT II STRIPE OR ABOVE

SATURDAY

INSTRUCTORS TRAINING
PROGRAMME
09:00 - 10:00
INSTRUCTORS ONLY

SUNDAY

LADIES ONLY
BRAZILIAN JIU JITSU
09:00 - 10:00
ALL LEVELS

BRAZILIAN JIU JITSU
ALL LEVELS ADULTS
10:00 - 11:00
MEMBERS ONLY

OPEN MAT
ALL LEVELS ADULTS
10:15 - 11:15
MEMBERS ONLY

NO - GI
ADVANCED / ADULTS
11:00 - 12:00
WHITE BELT II STRIPE OR ABOVE

NO - GI
ADVANCED / ADULTS
18:00 - 19:00
WHITE BELT II STRIPE OR ABOVE

BRAZILIAN JIU JITSU
ADVANCED / ADULTS
18:00 - 19:00
WHITE BELT II STRIPE OR ABOVE

NO - GI
ADVANCED / ADULTS
18:00 - 19:00
WHITE BELT II STRIPE OR ABOVE

BRAZILIAN JIU JITSU
ADVANCED / ADULTS
18:00 - 19:00
WHITE BELT II STRIPE OR ABOVE

NO - GI
ADVANCED / ADULTS
19:00 - 20:10
MEMBERS ONLY

BRAZILIAN JIU JITSU
ADVANCED / ADULTS
19:00 - 20:10
MEMBERS ONLY

NO - GI
ADVANCED / ADULTS
19:00 - 20:10
MEMBERS ONLY

BRAZILIAN JIU JITSU
ADVANCED / ADULTS
19:00 - 20:10
MEMBERS ONLY