

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11:00 - 12:00

ADVANCED NO-GI

CLASS WITH ELEMENTS OF
THROWS & TECHNIQUES
& SPECIFIC TRAINING

11:00 - 12:00

ADVANCED GI

CLASS WITH ELEMENTS OF
THROWS & TECHNIQUES
& SPECIFIC TRAINING

11:00 - 12:00

ADVANCED NO-GI

CLASS WITH ELEMENTS OF
THROWS & TECHNIQUES
& SPECIFIC TRAINING

11:00 - 12:00

ADVANCED GI

CLASS WITH ELEMENTS OF
THROWS & TECHNIQUES
& SPECIFIC TRAINING

09:00 - 10:00

ADVANCED NO GI

CLASS WITH ELEMENTS OF
DRILLS & SPECIFIC TRAINING

09:00 - 10:00

ALL LEVELS GI

CLASS WITH ELEMENTS OF
DRILLS & SPECIFIC TRAINING

10:00 - 11:00

ALL LEVELS GI

CLASS WITH ELEMENTS OF
DRILLS & SPECIFIC TRAINING

10:00 - 11:00

LADIES GI

CLASS WITH ELEMENTS OF
DRILLS & THROWS & SPECIFIC TRAINING

17:00 - 17:45

CHILDRENS GI

CLASS WITH ELEMENTS OF
GAMES & DRILLS & TECHNIQUES
& SPECIFIC TRAINING

17:00 - 17:45

CHILDRENS GI

CLASS WITH ELEMENTS OF
GAMES & DRILLS & TECHNIQUES
& SPECIFIC TRAINING

11:00 - 11:45

CHILDRENS GI

CLASS WITH ELEMENTS OF
GAMES & DRILLS & TECHNIQUES
& SPECIFIC TRAINING

18:00 - 19:00

STRIKING

CLASS WITH ELEMENTS OF
BOXING & MUAY-THAI & K1

18:00 - 19:00

BEGINNERS NO-GI

CLASS WITH ELEMENTS OF
DRILLS & THROWS & SPECIFIC TRAINING

18:00 - 19:00

BEGINNERS GI

CLASS WITH ELEMENTS OF
DRILLS & THROWS & SPECIFIC TRAINING

18:00 - 19:00

BEGINNERS NO-GI

CLASS WITH ELEMENTS OF
DRILLS & THROWS & SPECIFIC TRAINING

18:00 - 19:00

BEGINNERS GI

CLASS WITH ELEMENTS OF
DRILLS & THROWS & SPECIFIC TRAINING

19:00 - 20:00

ALL LEVELS GI

CLASS WITH ELEMENTS OF
FREE SPARRING & SPECIFIC TRAINING

19:00 - 20:00

ADVANCED NO-GI

CLASS WITH ELEMENTS OF
FREE SPARRING & SPECIFIC TRAINING

19:00 - 20:00

ADVANCED GI

CLASS WITH ELEMENTS OF
THROWS & TECHNIQUES
& SPECIFIC TRAINING

19:00 - 20:00

WRESTLING

CLASS WITH ELEMENTS OF
FREE SPARRING & SPECIFIC TRAINING

19:00 - 20:00

ADVANCED GI

CLASS WITH ELEMENTS OF
THROWS & TECHNIQUES
& SPECIFIC TRAINING