

# TIMETABLE

MON

11AM  
GI BJJ

4.15PM  
KIDS BJJ

5PM  
NOGI BJJ

6PM  
GI BJJ

7.15PM  
BJJ BASICS

TUE

5PM  
TEENS NOGI

6PM  
NOGI BJJ

7.15PM  
MMA

WED

11AM  
GI BJJ

4.15PM  
KIDS BJJ

5PM  
NOGI BJJ

6PM  
GI BJJ

7.15PM  
BJJ BASICS

THU

5PM  
TEENS NOGI

6PM  
NOGI BJJ

7.15PM  
MMA

FRI

11AM  
GI BJJ

5PM  
NOGI BJJ &  
MMA

SAT

9.15AM  
KIDS BJJ

10AM  
BJJ BASICS &  
MMA

11AM  
NOGI BJJ

SUN

10AM  
NOGI BJJ

**RK MMA**

**BRAZILIAN JIU JITSU &  
MIXED MARTIAL ARTS**