

# TIMETABLE

GI BJJ : ALL LEVELS

NOGI BJJ - ALL LEVELS

MMA & KICKBOXING : ALL LEVELS

KIDS BJJ : 6YRS - 12 YEARS

TEENS BJJ : 12YRS - 18YRS

## MONDAY

11AM  
GI BJJ

4.15PM  
KIDS BJJ

5PM  
TAKEDOWNS

6PM  
GI BJJ

7.15PM  
BJJ BASICS

7.15PM  
KICKBOXING

## TUESDAY

5PM  
TEENS NOGI

6PM  
NOGI BJJ

7.15PM  
MMA

## WEDNESDAY

11AM  
GI BJJ

4.15PM  
KIDS BJJ

5PM  
TAKEDOWNS

6PM  
GI BJJ

7.15PM  
BJJ BASICS

## THURSDAY

5PM  
TEENS NOGI

6PM  
NOGI BJJ

7.15PM  
MMA

## FRIDAY

11AM  
GI BJJ

5PM  
NOGI BJJ

5PM  
MMA

## SATURDAY

9.15AM  
KIDS BJJ

10AM  
BJJ BASICS

10AM  
MMA

11AM  
NOGI BJJ

**RK MMA**

BRAZILIAN JIU JITSU &  
MIXED MARTIAL ARTS