



GROUND CONTROL BJJ

Strength in Unity

TIMETABLE

Monday

5.30 PM- 6.20 PM
Kids Beginners

6.30 PM- 7.30 PM
Kids
(Uniform required, gi)

7.30 PM- 9.00 PM
Adults
(Uniform required, gi)

Tuesday

7.30 PM- 9.00 PM
Adults
(No uniform required, no-gi)

Wednesday

5.30 PM- 6.20 PM
Kids Beginners

6.30 PM- 7.30 PM
Kids
(No uniform required)

7.30 PM- 9.00 PM
Adults
(Uniform required, gi)

Thursday

7.30 PM- 9.00 PM
Adults
(No uniform required, no-gi)

Friday

6.00 PM- 7.00 PM
Kids
(Uniform required, gi)

Saturday

Bookings only!
(Private, Rugby, football etc.)



www.gcbjj.co.uk



info@gcbjj.co.uk



07519867268