

2026 Adult Timetable – Starting Monday the 5th of January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRIVATE LESSONS AVAILABLE	6:00 – 7:00AM NO-GI BJJ (Fundamentals)	6:00 – 7:00AM NO-GI BJJ (All Levels)	6:00 – 7:00AM NO-GI BJJ (All Levels)	PRIVATE LESSONS AVAILABLE	9:00AM – 10:00AM OPEN MAT (All Levels)
5:30 – 6:30PM NO-GI BJJ (Fundamentals)	5:30 – 6:30PM NO-GI BJJ (Fundamentals)	5:30 – 6:30PM NO-GI BJJ (All Levels)	5:30 – 6:30PM NO-GI BJJ (All Levels)	5:30 – 6:30PM WRESTLING (All Levels)	10:00 – 11:00AM PING PONG (All Levels)
6:30 – 7:30PM OPEN MAT (All Levels)	6:30 – 7:30PM MMA (Fundamentals)	6:30 – 7:30PM OPEN MAT (All Levels)	6:30 – 7:30PM MMA (All Levels)	6:30 – 7:30PM OPEN MAT (All Levels)	

MONTHLY CLASS EVENTS

- Last Tuesday of the month — 5:30–6:30pm: Real-World Self-Defence Night (Free to the public)
- Last Wednesday of the month — 5:30–6:30pm: Roll-Only Night (Free to the public)