

# T T JIU JITSU

# ADULT

# TIMETABLE

BEGINNER FRIENDLY • NO EXPERIENCE NEEDED



**MONDAY**

5:30PM – 6:30PM

6:30PM – 7:30PM

NO-GI BJJ

(FUNDAMENTALS)

OPEN MAT

(ALL LEVELS)



**TUESDAY**

6:00AM – 7:00AM

5:30PM – 6:30PM

6:30PM – 7:30PM

NO-GI BJJ

(FUNDAMENTALS)

NO-GI BJJ

(FUNDAMENTALS)

MMA

(FUNDAMENTALS)



**WEDNESDAY**

6:00AM – 7:00AM

5:30PM – 6:30PM

6:30PM – 7:30PM

NO-GI BJJ

(ALL LEVELS)

NO-GI BJJ

(ALL LEVELS)

OPEN MAT

(ALL LEVELS)



**THURSDAY**

6:00AM – 7:00AM

5:30PM – 6:30PM

6:30PM – 7:30PM

NO-GI BJJ

(ALL LEVELS)

NO-GI BJJ

(ALL LEVELS)

MMA

(ALL LEVELS)



**FRIDAY**

5:30PM – 6:30PM

6:30PM – 7:30PM

WRESTLING

(ALL LEVELS)

OPEN MAT

(ALL LEVELS)



**SATURDAY**

9:00AM – 10:00AM

10:00AM – 11:00AM

OPEN MAT

(ALL LEVELS)

PING PONG

(ALL LEVELS)

**NO-GI  
ONLY**

START YOUR

**7 DAY FREE TRIAL**



**0423 278 188**



**BEGINNER FRIENDLY**

No experience needed.  
Start your journey today.



**BLACK BELT COACHING**

Learn from experienced  
and passionate coaches.



**SUPPORTIVE COMMUNITY**

Train in a positive and  
welcoming environment.

NO-GI BJJ • MMA • WRESTLING