

C GRAPPLING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
9AM						OPEN MAT						
10AM						FUNDAMENTAL	FUNDAMENTAL	OPEN MAT	FUNDAMENTAL	OPEN MAT	OPEN MAT	
11AM						ADVANCED	ADVANCED	OPEN MAT	ADVANCED			
4:30P M						KIDS 8-12 YRS						
5:15P M						FUNDAMENTAL						FUNDAMENTAL
6:15P M						ADVANCED	ADVANCED	OPEN MAT	ADVANCED			ADVANCED

CLASS DESCRIPTION

FUNDAMENTAL: Learn the basics of grappling, with techniques, specific drills and concepts. Includes wrestling from the feet and ground fighting. Suitable for all levels.

ADVANCED: Increase your knowledge with more advanced techniques and free sparring.

OPEN MAT: Use the grappling zone for your personal training needs. You must respect the striking class which is running concurrently, but otherwise use the area as you wish.

KIDS 8-12: A kids grappling class to get them started early in martial arts (ages are a guideline and we accept kids either side of this age bracket if it suits them)