

## Timetable for MAT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:45	Intermediate/ Advanced GI 5:45 - 7:00	No GI 5:45 - 7:00	No GI 5:45 - 7:00	Fundamentals BJJ GI 5:45 - 7:00	Intermediate/ Advanced GI 5:45 - 7:00	
06:00						No GI 6:00 - 7:00
08:00						Toddlers 3-4 Years GI 8:00 - 8:40
08:45						Kids BJJ 5-6 Years GI 8:45 - 9:25
09:30						Kids BJJ 6-8 Years GI Level 1 9:30 - 10:10
10:15						Kids BJJ 9-13 Years GI Level 1 10:15 - 10:55
11:00	No GI 11:00 - 12:15	Intermediate/ Advanced GI 11:00 - 12:15	No GI 11:00 - 12:15	Intermediate/ Advanced GI 11:00 - 12:15	No GI 11:00 - 12:15	Week Review & Rolls GI - All levels 11:00 - 12:15
13:00						No GI 13:00-14:15
15:30	Kids BJJ 5-6 Years GI 15:30 - 16:10	Toddlers 3-4 Years GI 15:30 - 16:10	Kids BJJ 5-6 Years No GI 15:30 - 16:10	Toddlers 3-4 Years GI 15:30 - 16:10	Kids BJJ 5-6 Years No GI 15:30 - 16:10	
16:15	Kids BJJ 6-8 Years GI Level 1 16:15 - 16:55	Kids BJJ 6-8 Years GI Level 1 16:15 - 16:55	Kids BJJ 6-8 Years No GI   Level 1 16:15 - 16:55	Kids BJJ 5-6 Years GI 16:15 - 16:55	Kids BJJ 6-8 Years No GI   Level 1 16:15 - 16:55	
17:00	Kids BJJ 9-13 Years GI Level 1 17:00 - 17:40	Kids BJJ 9-13 Years GI Level 1 17:00 - 17:40	Kids BJJ 9-13 Years No GI   Level 1 17:00 - 17:40		Kids BJJ 9-13 Years No GI   Level 1 17:00 - 17:40	
17:40	Intermediate/ Advanced GI 17:40 - 19:00	No GI 17:40 - 18:40	Intermediate/ Advanced GI 17:40 - 19:00	Fundamentals BJJ GI 17:40 - 18:40	Fundamentals BJJ GI 17:40 - 18:40	
18:40		Fundamentals BJJ GI 18:40 - 19:40		Judo for BJJ 18:40 - 19:40		

## Timetable for MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:45			Intermediate/ Advanced GI 5:45 - 7:00			
06:00	No GI 5:45 - 7:00			No GI 5:45 - 7:00		
06:30		Fundamentals BJJ GI 6:30 - 7:30			Fundamentals BJJ GI 6:30 - 7:30	
09:30						Kids BJJ 6-8 Years GI Level 2 9:30 - 10:10
10:15						Kids BJJ 9-13 Years GI Level 2 10:15 - 10:55
16:15	Kids BJJ 6-8 Years GI Level 2 16:15 - 16:55	Kids BJJ 6-8 Years GI Level 2 16:15 - 16:55	Kids BJJ 6-8 Years No GI   Level 2 16:15 - 16:55	Kids Judo for BJJ 6-8 Years GI 16:15 - 16:55	Kids BJJ 6-8 Years No GI   Level 2 16:15 - 16:55	
17:00	Kids BJJ 9-13 Years GI Level 2 17:00 - 17:40	Kids BJJ 9-13 Years GI Level 2 17:00 - 17:40	Kids BJJ 9-13 Years No GI   Level 2 17:00 - 17:40	Kids Judo for BJJ 9-13 Years GI 17:00 - 17:40	Kids BJJ 9-13 Years No GI   Level 2 17:00 - 17:40	
17:40	Fundamentals BJJ GI 17:40 - 18:40	Women Only BJJ GI 17:40 - 18:40	Fundamentals BJJ GI 17:40 - 18:40	No GI 17:40 - 18:40	No GI 17:40 - 18:40	
18:40	No GI 18:40 - 19:40	GI   Competition 18:40 - 19:40	No GI 18:40 - 19:40			

## Introductory Class (Begginers) - Private Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:45		Introductory Class 17:45 - 18:25		Introductory Class 17:45 - 18:25	Introductory Class 17:45 - 18:25	