

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 Judo for BJJ 9–13 Years GI 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						
06:00						
06:30		Fundamentals BJJ GI 6:30 – 7:30		No GI Fundamentals 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 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	Drills GI – All levels 18:40 – 19:30			

Introductory Class (Beginners) - 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	