



## Lemos Brazilian Jiu-Jitsu Academy

### Timetable for MAT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45	Intermediate/ Advanced GI 5:45 - 7:00 (JAMES)	No GI 5:45 - 7:00 (SHAUN)	No GI 5:45 - 7:00 (SHAUN)	Fundamentals BJJ GI 5:45 - 7:00 (MARCIO)	Intermediate/ Advanced GI 5:45 - 7:00 (FELIPE)	
8:20						Kids BJJ 4-7 years GI 8:20 - 9:00 (JEREMY, MARCIO)
9:00						Kids BJJ 7-11 Years GI 9:00 - 10:00 (CHRIS)
10:00						Kids BJJ 11+ Years GI 10:00 - 11:00 (CHRIS)
11:00	No GI 11:00 - 12:15 (BRUNO)	Intermediate/ Advanced GI 11:00 - 12:15 (BRUNO)	No GI 11:00 - 12:15 (BRUNO)	Intermediate/ Advanced GI 11:00 - 12:15 (BRUNO)	No GI 11:00 - 12:15 (BRUNO)	Week Review & Roll GI 11:00 - 12:15 (BRUNO)
14:00						No GI - Drills and Rolls 14:00 - 15:15 (ALAN)
16:00	Kids BJJ 7-11 YO GI (BEGINNERS) 16:00 - 16:40 (FELIPE)			Kids BJJ 4-7 years GI (ADVANCED) 16:00 - 16:40 (MARCIO)		
16:30		Kids BJJ 11+ Years NO GI 16:30 - 17:25 (CHRIS)	Kids BJJ 7-11 Years NO GI 16:30 - 17:25 (CHRIS)			
16:40	Kids BJJ 7-11 YO GI (ADVANCED) 16:40 - 17:25 (JEREMY)			Kids JUDO 16:40 - 17:25 (NOAH)		
17:30	Intermediate/Advanced GI 17:30 - 19:00 (BRUNO)	No GI 17:30 - 18:30 (ROB)	Intermediate/ Advanced GI 17:30 - 19:00 (BRUNO)	Fundamentals BJJGI 17:30 - 18:30 (FELIPE)	No GI 17:30 - 19:00 (BRUNO)	
18:30		Fundamentals BJJGI 18:30 - 19:30 (BRUNO)		No GI 18:30 - 19:30 (RHYS)		
19:00	No GI 19:00 - 20:00 (MATHEUS)					



## Lemos Brazilian Jiu-Jitsu Academy

### Timetable for MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	No GI - Competition 6:00 - 07:00 (RORY)			No GI - Competition 6:00 - 07:00 (RORY)		
6:30		Fundamentals BJJGI 6:30 - 7:30 (MATHEUS)			Fundamentals BJJGI 6:30 - 7:30 (MATHEUS)	
16:00	Kids BJJ 4-7 years GI (BEGINNERS) 16:00 - 16:40 (MARCIO)			Kids BJJ 4-7 years GI (BEGINNERS) 16:00 - 16:40 (ANDRE)		
16:30			Kids BJJ 11+ Years GI 16:30 - 17:25 (MATHEUS)			
16:40	Kids BJJ 4-7 years GI (ADVANCED) 16:40 - 17:20 (MARCIO)					
17:00					INTRODUCTORY CLASS GI 17:00 - 17:40 (BOOKING ONLY)	
17:30		INTRODUCTORY CLASS GI 17:30 - 18:10 (BOOKING ONLY)	Fundamentals BJJGI 17:30 - 18:30 (MATHEUS)	INTRODUCTORY CLASS GI 17:30 - 18:10 (BOOKING ONLY)	Fundamentals BJJGI 17:30 - 18:30 (FELIPE)	
		WOMEN ONLY BJJGI 17:30 - 18:20 (JOANNA)				
17:45	Fundamentals BJJGI 17:45 - 18:45 (BRIAN)					
18:30			No GI 18:30 - 19:30 (ALAN)			