



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 (RHYS/MICHAEL)	Fundamentals BJJ GI 5:45 - 7:00 (MARCIO)	Intermediate/ Advanced GI 5:45 - 7:00 (PEDRO)	No GI 6:00 - 7:00 (RORY)
8:20						Kids BJJ 3-5 Years GI Level 1 (BRUNO) 8:20 - 9:00
9:00						Kids BJJ 6-8 Years GI Level 1 / Level 2 (BRUNO/CHRIS) 9:00 - 10:00
10:00						Kids BJJ 9-13 Years GI Level 1 / Level 2 (BRUNO/CHRIS) 10:00 - 11:00
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 (FELIPE)	No GI 11:00 - 12:15 (BRUNO)	Week Review & Roll GI 11:00 - 12:15 (BRUNO)
14:00						NO GI - Drills & Roll 14:00-15:15 (ALAN)
16:00	Kids BJJ 3-5 Years GI Level 1 (MATHEUS B.) 16:00 - 16:40	Kids BJJ 3-5 Years GI Level 1 (MATHEUS B.) 16:00 - 16:40	Kids BJJ 6-8 Years NO GI Level 1 (MATHEUS B.) 16:00 - 16:40	Kids BJJ 3-5 years GI Level 1 (MATHEUS B.) 16:00 - 16:40	Kids BJJ 6-8 Years NO GI Level 1/ LEVEL 2 (PEDRO) 16:00 - 16:40	
16:40	Kids BJJ 6-8 Years GI Level 1 (MARCIO) 16:40 - 17:25	Kids BJJ 9-13 Years NO GI LEVEL 1/LEVEL 2 (CHRIS) 16:40 - 17:25	Kids BJJ 9-13 Years GI LEVEL 1/LEVEL 2 (CHRIS) 16:40 - 17:25	Kids JUDO 7 years + 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 BJJ GI 17:30 - 18:30 (FELIPE)	No GI 17:30 - 18:45 (BRUNO/ALAN)	
18:30		Fundamentals BJJ GI 18:30 - 19:30 (BRUNO/PEDRO)				



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Timetable for MAT 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	No GI - Competition 6:00 - 07:00 (RORY)		Intermediate/ Advanced GI 5:45 - 7:00 (PEDRO)	No GI - Competition 6:00 - 07:00 (RORY)		
6:30		Fundamentals BJJ GI 6:30 - 7:30 (MATHEUS)			Fundamentals BJJ GI 6:30 - 7:30 (MATHEUS)	
8:20						Kids BJJ 3-5 Years GI Level 2 (MARCIO) 8:20 - 9:00
16:00	Kids BJJ 3-5 Years GI Level 2 (PEDRO) 16:00 - 16:40	Kids BJJ 3-5 Years GI Level 2 (PEDRO) 16:00 - 16:40	Kids BJJ 6-8 Years NO GI Level 2 (PEDRO) 16:00 - 16:40	Kids BJJ 3-5 years GI Level 2 (PEDRO) 16:00 - 16:40		
16:40	Kids BJJ 6-8 Years GI Level 2 (JEREMY/FELIPE) 16:40 - 17:25					
17:00					INTRODUCTORY CLASS GI 17:00 - 17:40 (PEDRO) (BOOKING ONLY)	
17:30		INTRODUCTORY CLASS GI 17:30 - 18:10 (MARCIO) (BOOKING ONLY)	Fundamentals BJJ GI 17:30 - 18:30 (MATHEUS C.)	INTRODUCTORY CLASS GI 17:30 - 18:10 (ANDY) (BOOKING ONLY)	Fundamentals BJJ GI 17:30 - 18:30 (FELIPE)	
17:30	Fundamentals BJJ GI 17:30 - 18:30 (BRIAN)	WOMEN ONLY BJJ GI 17:30 - 18:20 (JOANNA)				
18:00				No GI 18:00 - 19:00 (RHYS)		
18:30	No GI 18:30 - 19:30 (MATHEUS)		No GI 18:30 - 19:30 (ALAN)			