

TIMETABLE from 3 July 2020 (in line with Stage III of Qld Roadmap to ease restrictions)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am-7:00am All Levels BJJ Gi		6:00am-7:00am All Levels BJJ Gi		9:30am - 10:10am Kids 4-6 yrs Gi
11:00am-12:00pm Beginners BJJ Gi	11:00am-12:00pm Intermediate BJJ Gi	11:00am-12:00pm Beginners BJJ Gi	11:00am-12:00pm Intermediate BJJ Gi	11:00am-12:00pm Beginners BJJ Gi	10:20am - 11:10am Kids 7-13 yrs Gi
3:50pm-4:20pm Kids 4-6 yrs Gi		3:50pm-4:20pm Kids 4-6 yrs Gi		3:50pm-4:20pm Kids 4-6 yrs NoGi BJJ	11:20am-12:05pm Beginners BJJ Gi
4:30pm - 5:20pm Kids 7-13 yrs Gi		4:30pm - 5:20pm Kids 7-13 yrs Gi		4:30pm - 5:20pm Kids 7-13 yrs NoGi BJJ	12:15pm-1:15pm Intermediate BJJ Gi
5:30pm - 6:15pm Beginners BJJ Gi 6:25pm-7:20pm Intermediate BJJ Gi 7:30pm - 8:30pm Advanced BJJ Gi	5:30pm - 6:30pm Advanced BJJ Gi 6:40pm-7:35pm Intermediate BJJ Gi 7:45pm - 8:30pm Beginners BJJ Gi	5:30pm - 6:15pm Beginners BJJ Gi 6:25pm-7:20pm Intermediate BJJ Gi 7:30pm - 8:30pm Advanced BJJ Gi	5:30pm - 6:30pm Advanced NoGi BJJ 6:40pm-7:35pm Intermediate NoGi BJJ 7:45pm - 8:30pm Beginners NoGi BJJ	5:30pm - 6:15pm Beginners BJJ Gi 6:25pm-7:45pm Open Mats/Drilling	

COVID SAFE PROCEDURES:

PLEASE DO NOT ATTEND ANY CLASSES IF YOU ARE UNWELL;
PLEASE PRACTICE GOOD HYGIENE AND OBSERVE THE 1.5 METERS
SOCIAL DISTANCING AT ALL OTHER TIMES BEFORE AND AFTER CLASS;
PLEASE COME READY FOR CLASS AND BRING YOUR OWN WATER BOTTLE
AND TOWEL.

GUIDE:

Beginners BJJ Gi and All Levels BJJ – Everyone is welcome
Intermediate BJJ Gi – Minimum 1 stripe White belt
Advanced BJJ Gi – All coloured belts (or approved)
Open Mats – Minimum 1 stripe White belt