

# TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MAT 1</b>	6:00am-7:00am <b>Beginners Gi</b>	6:00am-7:00am Intermediate Gi	6:00am-7:00am <b>Beginners Gi</b>	6:00am-7:00am Intermediate <b>NoGi</b>		9:30am – 10:10am <b>Kids 4-6 yrs Gi</b>
<b>MAT 2</b>	11:00am-12:00pm <b>Beginners Gi</b>	11:00am-12:00pm Intermediate Gi	11:00am-12:00pm <b>Beginners Gi</b>	11:00am-12:00pm Intermediate <b>NoGi</b>	11:00am-12:00pm <b>Beginners Gi</b>	10:10am – 11:10am <b>Kids 7-9 yrs and 10-13 yrs Gi</b>  11:15am-12:00pm <b>Beginners Gi</b>  12:00pm-1:00pm Intermediate Gi
<b>MAT 1</b>	4:00pm-4:40pm <b>Kids 4-6 yrs Gi</b>  4:40pm – 5:30pm <b>Kids 7-9 yrs Gi</b>		4:00pm-4:40pm <b>Kids 4-6 yrs Gi</b>  4:40pm – 5:30pm <b>Kids 7-9 yrs Gi</b>		4:00pm-4:40pm <b>Kids 4-6 yrs NoGi</b>  4:40pm – 5:30pm <b>Kids 7-9 yrs NoGi</b>	
<b>MAT 2</b>	4:30pm – 5:30pm <b>Kids 10-13 yrs Gi</b>		4:30pm – 5:30pm <b>Kids 10-13 yrs Gi</b>		4:30pm – 5:30pm <b>Kids 10-13 yrs NoGi</b>	
<b>MAT 2</b>	5:30pm – 6:15pm <b>Beginners Gi</b>  6:15pm-7:15pm Intermediate Gi  7:15pm-8:00pm <b>Beginners Gi</b>	5:30pm – 7:00pm <b>Advanced Competition Gi</b>  7:00pm-8:00pm Intermediate Gi	5:30pm – 6:15pm <b>Beginners Gi</b>  6:15pm-7:15pm Intermediate Gi  7:15pm-8:00pm <b>Beginners Gi</b>	5:30pm – 7:00pm <b>Advanced Competition NoGi</b>  7:00pm-8:00pm Intermediate <b>NoGi</b>	5:30pm – 6:15pm <b>Beginners Gi</b>  6:15pm-7:30pm Open Mats/Drilling	
<b>MAT 1</b>	  6:30pm – 8:00pm <b>Advanced BJJ Gi</b>	5:30pm – 6:15pm <b>Beginners Gi</b>  7:00-8:00pm <b>Women's Only Gi</b>	  6:30pm – 8:00pm <b>Advanced BJJ Gi</b>	5:30pm – 6:15pm <b>Beginners NoGi</b>	  6:15pm-7:30pm Open Mats/Drilling	

## UNIFORM:

**Gi** – Gi (Kimono) and Belt

**NoGi** – Rash Guard (short or long sleeve) Short and Tights  
(please avoid zips and pockets for safety)

## CLASSES GUIDE:

**Beginners BJJ and All Levels BJJ** – Everyone is welcome

Intermediate BJJ – Minimum 1 stripe White belt

**Advanced BJJ/Competition** – All coloured belts (or approved)

Open Mats – Minimum 1 stripe White belt