

# TIMETABLE

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	10:10am – 11:10am Kids 7-13 yrs Gi
3:50pm-4:30pm Kids 4-6 yrs Gi		3:50pm-4:30pm Kids 4-6 yrs Gi		3:50pm-4:30pm Kids 4-6 yrs NoGi BJJ	11:15am-12:00pm Beginners BJJ Gi
4:30pm – 5:30pm Kids 7-13 yrs Gi		4:30pm – 5:30pm Kids 7-13 yrs Gi		4:30pm – 5:30pm Kids 7-13 yrs NoGi BJJ	12:00pm-1:00pm Intermediate BJJ Gi
5:30pm – 6:15pm Beginners BJJ Gi	5:00pm – 6:45pm Advanced/Competition BJJ Gi	5:30pm – 6:15pm Beginners BJJ Gi	5:00pm – 6:45pm Advanced/Competition NoGi BJJ	5:30pm – 6:15pm Beginners BJJ Gi	
6:15pm-7:15pm Intermediate BJJ Gi	6:45pm-7:45pm Intermediate BJJ Gi	6:15pm-7:15pm Intermediate BJJ Gi	6:45pm-7:45pm Intermediate NoGi BJJ	6:15pm-7:30pm Open Mats/Drilling	
7:15pm – 8:30pm Advanced BJJ Gi	7:45pm – 8:30pm Beginners BJJ Gi	7:15pm – 8:30pm Advanced BJJ Gi	7:45pm – 8:30pm Beginners NoGi BJJ		

## UNIFORM:

**Gi** – Gi (Kimono) and Belt

**NoGi** – Rashguard (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