

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 6:15pm-7:15pm Intermediate BJJ Gi 7:15pm – 8:30pm Advanced BJJ Gi	5:30pm – 6:45pm Advanced BJJ Gi 6:45pm-7:45pm Intermediate BJJ Gi 7:45pm – 8:30pm Beginners BJJ Gi	5:30pm – 6:15pm Beginners BJJ Gi 6:15pm-7:15pm Intermediate BJJ Gi 7:15pm – 8:30pm Advanced BJJ Gi	5:30pm – 6:45pm Advanced NoGi BJJ 6:45pm-7:45pm Intermediate NoGi BJJ 7:45pm – 8:30pm Beginners NoGi BJJ	5:30pm – 6:15pm Beginners BJJ Gi 6:15pm-7:30pm Open Mats/Drilling	

UNIFORM:

Gi – Gi (Kimono) and Belt

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

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