

ADULT TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ OPEN MAT N.B. open mat arranged by members	BJJ OPEN MAT N.B. open mat arranged by members	GI BJJ 7:30-8:30PM	GI BJJ 7:30-8:30PM	GI BJJ 7:30-8:30PM	NOGI BJJ 5:15-7:15PM	GI BJJ 2:00-3PM
		GI BJJ 8:30-10PM	GI BJJ 8:30-10PM	GI BJJ 8:30-10PM	NOGI BJJ 6:15-7:15	GI BJJ 3-4PM

Private lessons available outside of scheduled classes. RM100 per hr Adults or RM50 per, 1/2hr Children maximum 2 students.