



### ADULTS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:30pm - 11:30pm <b>BJJ</b> ALL LEVELS
12:30pm - 1:30pm <b>BJJ</b> ALL LEVELS		12:30pm - 1:30pm <b>BJJ</b> ALL LEVELS		12:30pm - 1:30pm <b>BJJ</b> ALL LEVELS	
5:45pm - 6:30pm <b>INTRO BJJ</b>	5:00pm - 6:00pm <b>BJJ</b> ALL LEVELS	5:45pm - 6:30pm <b>INTRO BJJ</b>	5:00pm - 6:00pm <b>BJJ</b> ALL LEVELS	5:00pm - 5:45pm <b>INTRO BJJ</b> ALL LEVELS	
6:30pm - 7:30pm <b>BJJ</b> ALL LEVELS	6:00pm - 7:00pm <b>JUDO / TAKEDOWNS</b>	6:30pm - 7:30pm <b>NO-GI BJJ</b> ALL LEVELS	6:00pm - 7:00pm <b>WOMEN'S ONLY BJJ</b>	6:00pm - 7:00pm <b>BJJ</b> ALL LEVELS	
7:30pm - CLOSE <b>OPEN MAT</b>	7:00pm - 8:30pm <b>BJJ ADVANCED</b>	7:30pm - CLOSE <b>NO-GI OPEN MAT</b>	7:00pm - 8:30pm <b>BJJ ADVANCED</b>	7:00pm - CLOSE <b>OPEN MAT</b>	

<b>INTRO</b>	A class designed specifically for absolute beginners, focusing predominantly on self-defence. (white belts only)
<b>ALL LEVELS</b>	This class is designed to accommodate all levels from beginners to advanced.
<b>ADVANCED (GI/NO-GI)</b>	A class based on more advanced techniques and concepts aiming to develop skills for intermediate through to advanced members (coloured belts only)
<b>NO-GI</b>	Without the Gi (uniform) bring shorts and a rash guard or a t-shirt.
<b>JUDO / TAKEDOWNS</b>	A class based on the stand up aspect of grappling and focusing on take downs and positional control.
<b>WOMEN'S ONLY BJJ</b>	This women's only class is based on a combination of self-defence and fundamental techniques, Great class to build confidence.