



ADULTS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 9:00 PRIVATE LESSONS AVAILABLE	6:00 – 7:00 BJJ ALL LEVELS	7:30 – 9:00 PRIVATE LESSONS AVAILABLE	6:00 – 7:00 BJJ NOGI ALL LEVELS	7:30 – 9:00 PRIVATE LESSONS AVAILABLE	7:30 – 8:00 STAIR RUNS
9:30 – 10:15 BOXING		9:30 – 10:15 SFC	9:30 – 10:15 KICK BOXING	9:30 – 10:15 BOXING	8:15 – 9:00 KICK BOXING
12:30 – 1:30 BJJ FUNDAMENTALS	10:30 – 2:30 PRIVATE LESSONS AVAILABLE	12:30 – 1:30 BJJ ALL LEVELS	10:30 – 2:30 PRIVATE LESSONS AVAILABLE	12:30 – 1:30 BJJ NOGI ALL LEVELS	10:15 – 11:00 FAMILY CLASS NOGI
5:30 – 6:15 INTRO BJJ ALL LEVELS	5:30 – 6:15 BOXING	5:30 – 6:15 ADVANCED BJJ (INVITATION ONLY)	5:30 – 6:15 SFC	5:30 – 6:15 WOMEN'S ONLY	11:00 – 12:00 BJJ NOGI ALL LEVELS
6:15 – 7:30 BJJ FUNDAMENTALS	6:15 – 7:30 BJJ NOGI ALL LEVELS	6:15 – 7:30 BJJ FUNDAMENTALS	6:15 – 7:00 BJJ SPECIFIC DRILLS	6:15 – 7:30 BJJ ALL LEVELS	12:00 – 1:00 OPEN MAT / SPARRING
7:30 – 8:30 GRAPPLING FOR MMA (NOGI)	7:30 – 8:30 WRESTLING	7:30 – 8:15 KICK BOXING	7:00 – 8:30 BJJ ALL LEVELS	7:30 – 8:30 OPEN MAT / SPARRING	

INTRO	A class designed specifically for absolute beginners, focusing predominantly on self-defence. (white belts only)
FUNDAMENTALS	Our core skills and technique for BJJ. For beginners through to the intermediate stages, focusing predominantly on self-defence. You will be partnered with other members at a similar stage.
ALL LEVELS	This class is designed to accommodate all levels from beginners to advanced and focuses on a combination of self-defence and sport Jiu Jitsu.
NOGI	Without the Gi (uniform) bring shorts and a rash guard or a t-shirt.
WRESTLING	A class based on the stand up aspect of grappling and focusing on take downs and positional control.
GRAPPLING FOR MMA	This class is designed to accommodate all levels from beginners to advanced and focuses on a combination of striking, grappling and wrestling catering to the MMA ruleset.
BOXING AND KICKBOXING	A class for all levels focusing on correct technique and footwork while maintaining a high intensity for a great workout.
SFC (Strength, Fitness & Conditioning)	A 60-minute workout aimed to improve overall strength, fitness and flexibility.
WOMEN'S ONLY	This women's only class is based on a combination of self-defence and fundamental techniques, great class to build confidence.
SPECIFIC DRILLS	Set movements and techniques to repeatedly drill to improve muscle memory and movement patterns.