



ADULT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					11 - 11:30AM FAMILY CLASS All Ages	11 - 12:30PM OPEN MAT All Levels
12:30 - 1:30PM BJJ All Levels		12:30 - 1:30PM BJJ All Levels (No GI)	12:30 - 1:30PM BJJ All Levels	12:30 - 1:30PM BJJ All Levels (No GI)		
5 - 5:45PM MMA FIT	5:30 - 6:30PM BJJ Fundamentals	5 - 5:45PM MMA FIT	5:30 - 6:30PM BJJ Fundamentals	5:30 - 6:30PM BJJ Fundamentals (No GI)		
5:45 - 6:45PM BJJ All Levels	6:30 - 7:30PM BJJ Advanced	5:45 - 6:45PM BJJ All Levels (No GI)	6:30 - 7:30PM BJJ Advanced	6:30 - 8PM OPEN MAT		
6:45PM - CLOSE OPEN MAT	7:30PM - CLOSE COMPETITION TEAM	6:45PM - CLOSE OPEN MAT	7:30PM - CLOSE SOCIAL ROLLING			

CLASS DESCRIPTIONS

BJJ FUNDAMENTALS A class to learn and perfect core skills and techniques. For Beginners through to Intermediate.

ALL LEVELS A class for both beginners and advanced members to train together.

ADVANCED A class based on more advanced techniques and developing intermediate to advanced levels of proficiency. Strictly blue belt and above or by invitation.

NO GI A class without the gi (uniform). Bring shorts and a rash guard or t-shirt.

MMA FIT 45 minute training class to help improve strength, cardio, power and conditioning, utilising striking and self-defence techniques.

FAMILY CLASS
ALL AGES Covers a fundamental adult technique taught during the week. Great opportunity for kids to train with their parents.

OPEN MAT An informal training session with no organized instruction. A great time to drill and perfect Gi and no-Gi techniques and strategies taught during the week. During the Saturday Family Class Open Mat can begin on Mat 2 (Green Mats)

