



ADULTS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 12:00 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
	10:00 – 10:45 BOXING	9:30 – 10:15 SFC	9:30 – 10:15 KICK BOXING	9:30 – 10:15 BOXING	8:15 – 9:15 BJJ NOGI ALL LEVELS
12:30 – 1:30 BJJ FUNDAMENTALS	11:00 – 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 LEG LOCKS	9:15 – 10:00 KICK BOXING
5:30 – 6:15 INTRO BJJ WHITE BELT ONLY	5:30 – 6:15 BOXING	5:30 – 6:15 COMPETITION CLASS	5:30 – 6:15 SFC	5:30 – 6:15 WOMEN'S ONLY	11:15 – 11:45 FAMILY CLASS NOGI
6:15 – 7:30 BJJ FUNDAMENTALS	6:15 – 7:30 BJJ NOGI ALL LEVELS	6:15 – 7:30 BJJ ALL LEVELS	6:15 – 7:30 BJJ ALL LEVELS	6:15 – 7:30 BJJ ALL LEVELS	
7:30 – 8:15 OPEN MAT / SPARRING	7:30 – 8:15 WRESTLING/ TAKEDOWNS	7:30 – 8:15 KICK BOXING	7:30 – 8:15 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/TAKEDOWNS	A class based on the stand up aspect of grappling and focusing on take downs and positional control.
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 45-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.
COMPETITION CLASS	This class caters to members looking to test themselves in competition. We focus on specific training, strategy and understanding various rulesets.