



ADULT CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00am - 7:00am BJJ Gi ALL LEVELS		
					10:15am - 11:00am CONDITIONING CIRCUIT
12:30pm - 1:30pm BJJ Gi ALL LEVELS		12:30pm - 1:30pm BJJ NoGi ALL LEVELS		12:30pm - 1:30pm BJJ Gi ALL LEVELS	11:00am - 12:00pm BJJ NoGi FUNDAMENTALS
5:00pm - 5:45pm WOMENS BJJ NoGi ALL LEVELS		5:00pm - 5:45pm WOMENS BJJ Gi ALL LEVELS			12:00pm - 1:00pm YOGA
5:45pm - 6:30pm BJJ Gi FUNDAMENTALS	5:45pm - 6:30 pm MMA ALL LEVELS	5:45pm - 6:30pm MMA ALL LEVELS	5:45pm - 6:30pm MMA ALL LEVELS	5:45pm - 6:30pm MMA ALL LEVELS	
6:30pm - LATE BJJ SPARRING ALL LEVELS	6:30pm - 7:00pm BJJ NoGi ALL LEVELS	6:30pm - 7:00pm BJJ Gi ALL LEVELS	6:30pm - 7:00pm BJJ NoGi FUNDAMENTALS	6:30pm - 7:30pm BJJ Gi ALL LEVELS	
6:30pm - 7:15pm MMA ALL LEVELS	7:00pm - LATE OPEN MAT	7:00pm - LATE OPEN MAT	7:00pm - LATE OPEN MAT		

MMA

A full contact class allowing striking and grappling, both standing and on the ground

FUNDAMENTALS

This class is specifically designed for people who are interested in starting BJJ or for anyone that wants to improve their BJJ fundamentals.

WOMENS

Brazilian Jiu Jitsu for women. This class is based on a combination of self-defence and fundamental techniques. It is a great way to build your confidence.

CONDITIONING CIRCUIT

A series of exercises that will increase your cardio and strength that will improve your striking, wrestling and grappling.

YOGA

The practice of breath control, relaxation and meditation. Focusing on flexibility for increased performance and longevity.

NO GI

Without the Gi (uniform). Bring shorts and a rash guard or T-shirt.

OPEN MAT

This is when the mat is free for you to roll with other members and practise techniques

