

### JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00AM - 10:30AM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS	10:00AM - 10:30AM <b>FLEXI LEARNING</b>		9:30AM - 10:00AM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS
3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:00PM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS	10:30AM - 11:30AM <b>PANDAS, MONKEYS &amp; PARENTS, FAMILY COMBINED CLASS</b>
4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:10PM - 4:40PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	
5:00PM - 5:45PM <b>JUNIOR MMA</b> 7+ YEARS	5:00PM - 5:45PM <b>JUNIOR MMA</b> 7+ YEARS		5:00PM - 5:45PM <b>JUNIOR MMA</b> 7+ YEARS	4:45PM - 5:30PM <b>MIGHTY MONKEYS</b> 7+ YEARS	

### ADULT GRAPPLING & SELF-DEFENCE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30PM - 1:30PM <b>BJJ</b> ALL LEVELS		12:30PM - 1:30PM <b>NO GI BJJ</b> ALL LEVELS	12:30PM - 1:30PM <b>BJJ</b> ALL LEVELS	12:30PM - 1:30PM <b>NO GI BJJ</b> ALL LEVELS	11:30PM - 1:00PM <b>OPEN MAT</b> ROLL/SPAR - BJJ/MMA
		5:00PM - 5:45PM <b>MMA FIT</b> ADULTS			
5:45PM - 6:30PM <b>INTRO TO BJJ</b> ALL LEVELS	5:45PM - 6:45PM <b>MMA</b> ALL LEVELS	5:45PM - 6:30PM <b>INTRO TO BJJ</b> ALL LEVELS	5:45PM - 6:45PM <b>MMA</b> ALL LEVELS	5:45PM - 6:30PM <b>INTRO TO BJJ</b> ALL LEVELS	
6:30PM - 7:30PM <b>BJJ</b> ALL LEVELS	6:45PM - 7:30PM <b>BJJ</b> ALL LEVELS	6:30PM - 7:30PM <b>NO GI BJJ</b> ALL LEVELS	6:45PM - 7:30PM <b>BJJ</b> ALL LEVELS	6:30PM - 7:30PM <b>NO GI BJJ</b> ALL LEVELS	
7:30PM - CLOSE <b>OPEN MAT</b> ROLL/SPAR - ALL LEVELS	7:30PM - CLOSE <b>OPEN MAT</b> ROLL/SPAR - ALL LEVELS	7:30PM - CLOSE <b>OPEN MAT</b> ROLL/SPAR - ALL LEVELS	7:30PM - CLOSE <b>OPEN MAT</b> ROLL/SPAR - ALL LEVELS	7:30PM - CLOSE <b>OPEN MAT</b> ROLL/SPAR - ALL LEVELS	