

ADULT TIMETABLE

BRAZILIAN JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 - 1:30PM GI		12:30 - 1:30PM GI	12:30 - 1:30PM NO-GI	12:30 - 1:30PM GI	11:30 - 1:00PM OPEN MAT	
6:00PM - LATE GI	6:00PM - LATE NO-GI	6:00PM - LATE GI	6:00PM - LATE NO-GI	6:00PM - LATE GI		

MMA - SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 6:45PM		6:00 - 6:45PM			

WOMEN ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20 - 6:00PM		5:20 - 6:00PM		5:20 - 6:00PM	10:40 - 11:20AM	

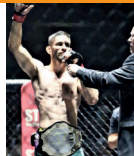
PRIVATE TRAINING

PATRICK (BOXING/MMA/BJJ)



0405 919 290

KIERAN (BOXING/MMA/BJJ)



0452 601 966

TAMIKA (BJJ)



0499 826 340

**GYM ACCESS
5AM-10PM 7 DAYS A WEEK**

NO LOCK-IN CONTRACTS + NO JOINING FEES + NO CANCELLATION FEES



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