

### ADULT TIMETABLE

#### BRAZILIAN JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00AM OPEN MAT		6:00 - 7:00AM OPEN MAT			
6:00PM - LATE GI	6:00PM - LATE NO-GI	6:00PM - LATE GI	6:00PM - LATE NO-GI	6:00PM - LATE GI		
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	

#### 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	

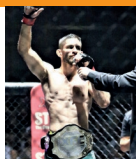
#### PRIVATE TRAINING

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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