

### ADULT BRAZILIAN JIU-JITSU GRAPPLING & SELF-DEFENCE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						JUDO @ BANGSAR 5.30PM - 7.30PM
	JUDO @ BANGSAR 7.30PM - 9.30PM		JUDO @ BANGSAR 7.30PM - 9.30PM			
GI BJJ 8.30PM - 10PM	NO GI BJJ 8.30PM - 10PM	GI BJJ 8.30PM - 10PM	GI BJJ 8.30PM - 10PM	NO GI BJJ 8.30PM - 10PM		

### JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					KIDS CLASS 2PM - 2.45PM	
KIDS CLASS 6PM - 6.30PM		KIDS CLASS 6PM - 6.30PM		KIDS CLASS 6PM - 6.30PM		