



TIMETABLE STARTS: NOVEMBER 8, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN 10:45 AM	OPEN 4:30 PM	OPEN 10:45 AM	OPEN 4:30 PM	OPEN 10:45 AM	
11:00 AM - 11:50 AM STRIKE 50		11:00 AM - 11:50 AM STRIKE 50			9:00 AM - 9:30 AM (6 - 7 YEAR OLDS) KIDS CLASSES
12:00 PM - 1:00 PM No GI JIU JITSU	12:00 PM - 1:00 PM OPEN MAT	12:00 PM - 1:00 PM BRAZILIAN JIU JITSU	12:00 PM - 1:00 PM OPEN MAT		9:45 AM - 10:30 AM STRIKE 45
CLEANING		CLEANING		CLEANING	10:45 AM - 11:45 AM OPEN MAT
3:45 PM - 4:15 PM STRIKE 30		3:45 PM - 4:15 PM STRIKE 30		3:45 PM - 4:15 PM STRIKE 30	
4:30 PM - 5:15 PM (12 - 14 YEAR OLDS) KIDS CLASSES		4:30 PM - 5:15 PM (10 - 11 YEAR OLDS) KIDS CLASSES		4:30 PM - 5:15 PM (8 - 9 YEAR OLDS) KIDS CLASSES	
5:30 PM - 6:15 PM STRIKE 45	5:30 PM - 6:15 PM STRIKE 50	5:30 PM - 6:15 PM STRIKE 45	5:30 PM - 6:15 PM STRIKE 50	5:30 PM - 6:15 PM STRIKE 45	
6:30 PM - 7:30 PM BRAZILIAN JIU JITSU 101	6:30 PM - 7:30 PM MUAY THAI 101	6:30 PM - 7:30 PM No GI JIU JITSU 101	6:30 PM - 7:30 PM MUAY THAI 101	6:30 PM - 8:00 PM BRAZILIAN JIU JITSU 101	
7:35 PM - 8:35 PM BRAZILIAN JIU JITSU 201	7:35 PM - 8:35 PM MUAY THAI 201	7:35 PM - 8:35 PM No GI JIU JITSU 201	7:35 PM - 8:35 PM MUAY THAI 201	30 MINUTE OPEN ROLL	
CLOSED 9:00 PM	CLOSED 9:00 PM	CLOSED 9:00 PM	CLOSED 9:00 PM	CLOSED 8:15 PM	SUNDAY
					CLOSED