

TIMETABLE

GI BJJ : ALL LEVELS

NOGI BJJ - ALL LEVELS

MMA & KICKBOXING : ALL LEVELS

KIDS BJJ : 6YRS - 12 YEARS

TEENS BJJ : 12YRS - 18YRS

MONDAY

11AM
GI BJJ

4.15PM
KIDS BJJ

5PM
TAKEDOWNS

6PM
GI BJJ

7.15PM
BJJ BASICS

7.15PM
KICKBOXING

TUESDAY

5PM
TEENS NOGI

6PM
NOGI BJJ

7.15PM
MMA

WEDNESDAY

11AM
GI BJJ

4.15PM
KIDS BJJ

5PM
TAKEDOWNS

6PM
GI BJJ

7.15PM
KICKBOXING

THURSDAY

5PM
TEENS NOGI

6PM
NOGI BJJ

7.15PM
MMA

FRIDAY

11AM
GI BJJ

5PM
NOGI BJJ

5PM
MMA

6PM
BJJ BASICS

SATURDAY

9.15AM
KIDS BJJ

10AM
BJJ BASICS

10AM
MMA

11AM
NOGI BJJ

RK MMA

BRAZILIAN JIU JITSU &
MIXED MARTIAL ARTS