



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am	Brazilian Jiu-Jitsu 6:00 am - 7:00 am		
09:00 am						Brazilian Jiu-Jitsu 9:00 am - 9:45 am Junior Kids Brazilian Jiu-Jitsu 9:45 am - 10:30 am Senior Kids
10:00 am						Brazilian Jiu-Jitsu 10:30 am - 11:30 am
11:00 am						Open Mat
12:00 pm	Brazilian Jiu-Jitsu 12:00 pm - 1:00 pm		Brazilian Jiu-Jitsu 12:00 pm - 1:00 pm		Brazilian Jiu-Jitsu 12:00 pm - 1:00 pm No Gi	
03:00 pm						Brazilian Jiu-Jitsu 3:00 pm - 4:30 pm
04:00 pm	Brazilian Jiu-Jitsu 4:30 pm - 5:15 pm Junior Kids		Brazilian Jiu-Jitsu 4:30 pm - 5:15 pm Junior Kids			Open Mat
05:00 pm	Brazilian Jiu-Jitsu 5:15 pm - 6:00 pm Senior Kids		Brazilian Jiu-Jitsu 5:15 pm - 6:00 pm Senior Kids			
06:00 pm	Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm Basics	Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm No Gi	Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm	Brazilian Jiu-Jitsu 6:00 pm - 7:00 pm Basics	
07:00 pm	Brazilian Jiu-Jitsu 7:00 pm - 8:00 pm	Brazilian Jiu-Jitsu 7:00 pm - 8:00 pm No Gi Basics	Brazilian Jiu-Jitsu 7:00 pm - 8:00 pm Basics	Women's BJJ 7:00 pm - 8:00 pm Self Defence	Stretch / Recovery 7:00 pm - 8:00 pm	
08:00 pm	Brazilian Jiu-Jitsu 8:00 pm - 9:00 pm Open Mat		Brazilian Jiu-Jitsu 8:00 pm - 9:00 pm Open Mat			