

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10AM	10:00AM KIDS BJJ	CLOSED
7AM	7:00AM BJJ EARLY BIRD	CLOSED	7:00AM BJJ EARLY BIRD	CLOSED	CLOSED	11AM	11:00AM OPEN MAT 12:00AM OPEN MAT	CLOSED
8AM	7:00AM BJJ EARLY BIRD	CLOSED	7:00AM BJJ EARLY BIRD	CLOSED	CLOSED	12PM	12:00AM OPEN MAT 12:00PM GI	CLOSED
9AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	1PM	1:00PM OPEN MAT 1:00PM OPEN MAT	CLOSED
4PM	CLOSED	4:00PM KIDS BJJ	CLOSED	CLOSED	CLOSED	2PM	2:00PM MUAY THAI 2:00PM OPEN MAT	CLOSED
5PM	5:00PM OPEN MAT 5:00PM TASTER CLASSES	5:00PM OPEN MAT 5:00PM OPEN MAT	5:00PM OPEN MAT 5:00PM TASTER CLASSES	5:00PM OPEN MAT 5:00PM TASTER CLASSES	5:00PM OPEN MAT 5:00PM TASTER CLASSES	3PM	CLOSED AT 3:00PM	CLOSED
6PM	6:00PM MUAY THAI 6:00PM OPEN MAT	6:00PM MMA 6:00PM OPEN MAT	6:00PM OPEN MAT 6:00PM GI	6:00PM OPEN MAT 6:00PM NO GI	6:00PM NO GI 6:00PM OPEN MAT			
7PM	7:00PM OPEN MAT 7:00PM WRESTLING	7:00PM OPEN MAT 7:00PM NO GI	7:00PM MUAY THAI 7:00PM OPEN MAT	7:00PM MMA 7:00PM OPEN MAT	7:00PM OPEN MAT 7:00PM GI			
8PM	8:00PM OPEN MAT 8:00PM OPEN MAT	8:00PM OPEN MAT 8:00PM OPEN MAT	8:00PM OPEN MAT 8:00PM OPEN MAT	8:00PM OPEN MAT 8:00PM OPEN MAT	8:00PM OPEN MAT 8:00PM OPEN MAT			
9PM	CLOSED at 9:00PM	CLOSED at 9:00PM	CLOSED at 9:00PM	CLOSED at 9:00PM	CLOSED at 9:00PM			

KEY



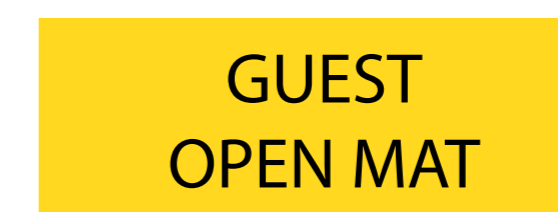
NO GI

Brazilian Jiu Jitsu in its simplest form. You just need shorts and t-shirt.



MUAY THAI

Muay Thai class for those solely interested in striking.



**GUEST
OPEN MAT**

Coming soon!



GI

Brazilian Jiu Jitsu in the traditional gi.



OPEN MAT

Time for sparring, drilling and pad-work under the supervision of instructors.



EARLY BIRD

Brazilian Jiu Jitsu and coffee for those really keen, morning people.



WRESTLING

Takedowns for BJJ and MMA.



KIDS BJJ

An introduction to Brazilian Jiu Jitsu for children aged 6 - 15 years.



**REFFING AND
COMPETITION**

Coming soon!



MMA

A mix of striking and ground work in the style of Damien Maia.



BJJ CONCEPTS

A review of all the key teaching points from the week.



TASTER CLASS

Book in your free taster class in this slot.