

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06:00 - 07:00		No-Gi grappling *Specialisation	BJJ Gi Sport *Specialisation	No-Gi grappling *Specialisation	BJJ Gi Sport *Specialisation		
09:00 - 10:30						Anti-Bully (or Open Mat)	
16:00 - 17:00	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ			
17:00 - 17:30	Intro class 5PM	Intro class 5PM	Intro class 5PM	Intro class 5PM			
17:45 - 18:30	Fundamentals & Self defense	Fundamentals & Self defense	Fundamentals & Self defense	Fundamentals & Self defense	Comp Class 6PM - 7PM		
18:30 - 19:30	BJJ Gi Sport	BJJ Gi Sport	No-Gi grappling	BJJ Gi Sport			
19:30 - 20:00	Sparring	Sparring	Sparring	Sparring			
20:00 - 21:00	Privates	Kickboxing	Privates	Kickboxing			

Free Intro class	30 minute free introduction to Brazilian Jiu Jitsu. MUST PRE-BOOK
BJJ fundamentals & Self defense	Curriculum. Focus on application of Jiu Jitsu in self defense situations. Perfect primer for anyone who wishes to transition into more advanced/sports Jiu Jitsu. Tshirt/Rashguard, Shorts, or BJJ Gi - ALL LEVELS WELCOME
BJJ Gi Sport Sparring	Jiu Jitsu Kimono (Gi). Intermediate - Advanced (minimum 3 stripe whitebelt)
No-Gi grappling Sparring	Rashguard/T-shirt, Shorts. Intermediate - Advanced (minimum 3 stripe whitebelt)
*Specialisation	Specialised programme focusing on specific positions/attacks/defenses etc. for a 3 - 4 week period. New cycle starts the first week of every month.
Kids BJJ	Ages 5 - 13 years old. T-shirt, Shorts. Please note that due to the young age bracket, inclusion into the programme depends on the age/size/skill of the child.
Competition class	Intense classes focusing on specific instruction, drilling, conditioning and lots of sparring.
Anti-Bully	1.5 hour Anti Bully mini seminar. Pre-booking required.