



Time Table

Monday Tuesday Wednesday Thursday Friday Saturday

All Levels class 11:00 - 12:00	All Levels class 11:00 - 12:00		Advanced class Sparring 11:00 - 12:00	All Levels class 11:00 - 12:00	Teen's Team (11 - 14 years) 9:00 - 09:50
Advanced class (Open mat's) 12:00 - 12:30	Advanced class (Open mat's) 12:00 - 12:30		Striking (Drills / conditioning) 12:00 - 12:50	Advanced class (Open mat's) 12:00 - 12:30	All Levels class 10:00 - 11:00
Private lesson 13:00 - 16:00	Private lesson 13:00 - 16:00	Private lesson 13:00 - 16:00	Private lesson 13:00 - 16:00	Private lesson 13:00 - 16:00	Advanced class (Open mat's) 11:00 - 11:30
Future Champions I Team (4 - 7 years) 16:00 - 16:50		Future Champions I Team (4 - 7 years) 16:00 - 16:50		Future Champions I Team (4 - 7 years) 16:00 - 16:50	BJJ Drills / Study hall 12:00 - 12:30
Future Champion II (8- 10 years) 17:00 - 17:50	Teen's Team (11 - 14 years) 17:00 - 17:50	Future Champion II (8- 10 years) 17:00 - 17:50	Teen's Team (11 - 14 years) 17:00 - 17:50	Future Champion II (8- 10 years) 17:00 - 17:50	Private lesson 13:00 - 16:00
Fundamentals class 18:00 - 19:00	Advanced class 18:00 - 19:15	All Levels class 18:00 - 19:15	Advanced class Sparring 18:00 - 19:15	All Levels class 18:30 - 19:30	
Advanced class 19:00 - 20:00	Fundamentals class 19:30 - 20:30	Advanced class 19:30 - 20:30 (No Gi)	Fundamentals class 19:30 - 20:30	Advanced class (Open mat's) 19:30 - 20:00	

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