

TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAT 1	6:00am-7:00am Beginners Gi	6:00am-7:00am Intermediate Gi	6:00am-7:00am Beginners Gi	6:00am-7:00am Intermediate NoGi		9:30am – 10:10am Kids 4-6 yrs Gi
MAT 2	11:00am-12:00pm Beginners Gi	11:00am-12:00pm Intermediate Gi	11:00am-12:00pm Beginners Gi	11:00am-12:00pm Intermediate NoGi	11:00am-12:00pm Beginners Gi	10:10am – 11:10am Kids 7-9 yrs and 10-13 yrs Gi 11:15am-12:00pm Beginners Gi 12:00pm-1:00pm Intermediate Gi
MAT 1	4:00pm-4:40pm Kids 4-6 yrs Gi 4:40pm – 5:30pm Kids 7-9 yrs Gi		4:00pm-4:40pm Kids 4-6 yrs Gi 4:40pm – 5:30pm Kids 7-9 yrs Gi		4:00pm-4:40pm Kids 4-6 yrs NoGi 4:40pm – 5:30pm Kids 7-9 yrs NoGi	
MAT 2	4:30pm – 5:30pm Kids 10-13 yrs Gi		4:30pm – 5:30pm Kids 10-13 yrs Gi		4:30pm – 5:30pm Kids 10-13 yrs NoGi	
MAT 2	5:30pm – 6:15pm Beginners Gi 6:15pm-7:15pm Intermediate Gi 7:15pm-8:00pm Beginners Gi	5:30pm – 7:00pm Advanced Competition Gi 7:00pm-8:00pm Intermediate Gi	5:30pm – 6:15pm Beginners Gi 6:15pm-7:15pm Intermediate Gi 7:15pm-8:00pm Beginners Gi	5:30pm – 7:00pm Advanced Competition NoGi 7:00pm-8:00pm Intermediate NoGi	5:30pm – 6:15pm Beginners Gi 6:15pm-7:30pm Open Mats/Drilling	
MAT 1	6:30pm – 8:00pm Advanced Gi	5:30pm – 6:15pm Beginners Gi 7:00-8:00pm Women's Only Open Mats (last Tuesday of the month)	6:30pm – 8:00pm Advanced Gi	5:30pm – 6:15pm Beginners NoGi	6:15pm-7:30pm Open Mats/Drilling	

UNIFORM:

Gi – Gi (Kimono) and Belt

NoGi – Rash Guard (short or long sleeve) Short and Tights
(please avoid zips and pockets for safety)

CLASSES GUIDE:

Beginners BJJ and All Levels BJJ – Everyone is welcome
Intermediate BJJ – Minimum 1 stripe White belt
Advanced BJJ/Competition – All coloured belts (or approved)
Open Mats – Minimum 1 stripe White belt