



Training Timetable

effective from 4th Oct 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					No Gi Fundamentals 1:00 - 2:30pm
	Kids BJJ (Tuatara) 5:00 - 5:45pm		Kids BJJ (Tuatara) 5:00 - 5:45pm		
	Kids BJJ (T-Rex) 5:45 - 6:30pm		Kids BJJ (T-Rex) 5:45 - 6:30pm		
	BJJ Fundamentals 6:30 - 8:00pm	No Gi Fundamentals 6:30 - 7:30pm	BJJ Intermediate 6:30 - 8:00pm		
Womens BJJ Intro Course 7:00 - 8:00pm	Open Mat (extra rolling) 8:00 - 8:30pm	Alpha MMA 7:30 - 8:30pm	Open Mat (extra rolling) 8:00 - 8:30pm		

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For further details phone Andrew 027 255 8070 or Inger 027 255 8050

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