



# CLASS SCHEDULE

SUBJECT TO CHANGE

## MONDAY

KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE 400pm  
 YOUTH MMA 500pm  
 SUBMISSION WRESTLING 600pm  
 MIXED MARTIAL ARTS 700pm  
 WOMEN'S KICKBOXING 800pm

## THURSDAY

BRAZILIAN JIU JITSU 10am  
 KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE 400pm  
 KICKBOXING 600pm  
 BRAZILIAN JIU JITSU 700pm  
 BOXING (MIXED) 800pm

## TUESDAY

BRAZILIAN JIU JITSU 10am  
 KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE 400pm  
 KICKBOXING 600pm  
 SAMBO 700pm  
 WOMENS COMBAT FITNESS AND STRENGTH 800pm

## FRIDAY

KIDS MIXED MARTIAL ARTS 400pm  
 COMBAT SAMBO \*COACHES PERMISSION REQUIRED 530pm-700pm

## WEDNESDAY

KIDS BRAZILIAN JIU JITSU AND SELF DEFENCE 400pm  
 YOUTH MMA 500pm  
 BRAZILIAN JIU JITSU 630pm-800pm  
 WOMENS KICKBOXING 800pm

## SATURDAY

BRAZILIAN JIU JITSU- NO GI 9am  
 MIXED MARTIAL ARTS 10am

Private lessons available- Book at Reception Desk