

# New Schedule!!

**First Class Free!!**



**WhatsApp  
652101684**

## WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Fundamentals BJJ 09:30 - 10:30	Adult Kickboxing 09:30 - 10:30	Adult Fundamentals BJJ 09:30 - 10:30	Adult Kickboxing 09:30 - 10:30		
Adult BJJ Rolling 10:00 - 11:00	Kickboxing Sparring 10:30 - 11:00	Adult BJJ Rolling 10:30 - 11:00	Kickboxing Sparring 10:30 - 11:00		Open Mat 10:00 - 12:00
	Little Warriors BJJ (5-8 year olds) 17:00 - 17:45		Little Warriors BJJ (5-8 year olds) 17:00 - 17:45		
Jnr Kickboxing (8 years onwards) 17:30 - 18:30	Jnr JiuJitsu (8 years onwards) 18:00 - 19:00	Jnr Kickboxing (8 years onwards) 17:30 - 18:30	Jnr JiuJitsu (8 years onwards) 18:00 - 19:00		
Adult Kickboxing 18:45 - 19:45		Adult Kickboxing 18:45 - 19:45			
Kickboxing Sparring 19:45 - 20:00	Adult Fundamentals BJJ 19:30 - 20:30	Kickboxing Sparring 19:45 - 20:00	Adult Fundamentals BJJ 19:30 - 20:30		
Adult MMA 20:00 - 21:00	Rolling Class 20:30 - 21:00	Adult MMA 20:00 - 21:00	Rolling Class 20:30 - 21:30		