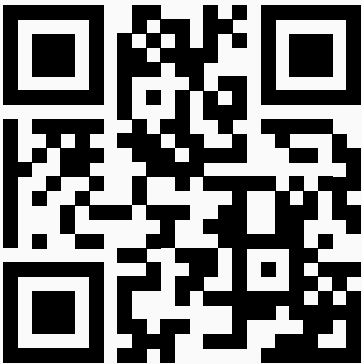




Timetable '25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
07:00	Jiu-jitsu ALL LEVELS 07:00 - 08:00		Jiu-jitsu ALL LEVELS 07:00 - 08:00		Jiu-jitsu ALL LEVELS 07:00 - 08:00		
07:30							
08:00	Beginners 09:00 - 10:00		Beginners 09:00 - 10:00		Beginners 09:00 - 10:00		
08:30							
09:00							
09:30						Kids 1 AGE: 5 – 7 09:30 - 10:15	
10:00							
10:30						Kids 2 AGE: 8 – 10 10:15 - 11:00	
11:00							
11:30	Mobility 11:00 - 12:00		Mobility 11:00 - 12:00		Mobility 11:00 - 12:00	Kids 3 AGE: 11 – 15 11:00 - 11:50	
12:00							
12:30	No Gi 12:00 - 13:00		No Gi 12:00 - 13:00		No Gi 12:00 - 13:00	OPEN MAT 12:00 - 14:00	
16:00							
16:30	Kids 1 AGE: 5 – 7 16:15 - 17:00	Kids 1 AGE: 5 – 7 16:15 - 17:00		Kids 1 AGE: 5 – 7 16:15 - 17:00			
17:00							
17:30	Kids 2 AGE: 8 – 10 17:15 - 18:00	Kids 2 AGE: 8 – 10 17:15 - 18:00	Advanced KIDS 17:30 - 18:30	Kids 2 AGE: 8 – 10 17:15 - 18:00	Advanced KIDS 17:30 - 18:30		
18:00							
18:30	Kids 3 AGE: 11 – 15 18:00 - 18:45	Kids 3 AGE: 11 – 15 18:00 - 18:45	Ladies BJJ 18:30 - 19:30	Kids 3 AGE: 11 – 15 18:00 - 18:45	Ladies BJJ 18:30 - 19:30		
19:00							
19:30	Jiu-jitsu ALL LEVELS 19:00 - 20:30	Beginners 19:00 - 20:00	Jiu-jitsu ALL LEVELS 19:30 - 20:30	Beginners 19:00 - 20:00	Jiu-jitsu ALL LEVELS 19:30 - 20:30		
20:00							
20:30		No Gi 20:00 - 21:00		No Gi 20:00 - 21:00			



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