



# Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Kids Judo</b>	1:30- 2:30pm 4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	830am-930
<b>Teens Judo</b>	5pm-6pm	5pm-6pm (Advanced teens)		5pm-6pm		
<b>Teens BJJ</b>			5pm-6pm		5pm-6pm	
<b>Judo Fundamentals</b>	6pm-7pm	6pm-7pm		6pm-7pm		9:30am- 10:30am
<b>Advanced Judo</b>	6pm-7pm			6pm-7pm		
<b>BJJ fundamentals (Gi)</b>	7:30pm- 8:30pm	6pm-7pm		7:30pm- 8:30pm		
<b>No gi BJJ</b>		7pm-8pm			5:30pm- 6:30pm	10:30am- 11:30
<b>Open Mat</b>	7pm- 7:30pm			7pm-7:30pm	6pm-7pm	

For a FREE two week free trial contact Head Coach Matt on 0422793609 or [beyondgrapplingclub@gmail.com](mailto:beyondgrapplingclub@gmail.com)