



Class Timetable

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