



# Class Timetable

|                                    | Monday        | Tuesday                     | Wednesday          | Thursday      | Friday                 | Saturday       |
|------------------------------------|---------------|-----------------------------|--------------------|---------------|------------------------|----------------|
| <b>Lion Cubs<br/>4-6 years</b>     |               | 3:20pm-4pm                  |                    |               | 3:20pm-4pm             |                |
| <b>Kids Judo<br/>6-10 years</b>    | 4pm-5pm       | 4pm-5pm                     | 4pm-5pm            | 4pm-5pm       | 2:00-3:00pm<br>4pm-5pm | 8:30am-9:30    |
| <b>Teens Judo<br/>11-15 years</b>  | 5:00pm-6:00pm | <b>Adv Teens</b><br>5pm-6pm |                    | 5:00pm-6:00pm |                        |                |
| <b>Teens BJJ</b>                   |               |                             | 5pm-6pm<br>(No Gi) |               | 5pm-6pm<br>(Gi)        |                |
| <b>Judo<br/>Fundamentals</b>       | 6pm-7pm       | 6pm-7pm                     |                    | 6pm-7pm       |                        | 9:30am-10:30am |
| <b>Advanced Judo</b>               | 6pm-7pm       |                             |                    | 6pm-7pm       |                        |                |
| <b>BJJ<br/>Fundamentals<br/>gi</b> | 7:30pm-8:30pm | 6pm-7pm                     |                    | 7:30pm-8:30pm |                        |                |
| <b>No gi BJJ</b>                   |               | 7pm-8pm                     |                    |               | 5:30pm-6:30p<br>m      | 10:30am-11:30  |
| <b>Open Mat</b>                    | 7:00pm-7:30pm |                             |                    | 7:00pm-7:30pm |                        |                |

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