

Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lion Cubs 4-6 year olds		3:20pm-4pm			3:20pm-4pm	
Kids Judo 6-10 years	1:30-2:30pm 4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	830am-930
Teens Judo 10-15 years	5pm-6pm	5pm-6pm (Advanced teens)		5pm-6pm		
Teens BJJ 9-14 years		5pm-6pm (gi)	5pm-6pm (no gi)		5pm-6pm (gi)	
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			530pm- 630pm	10:30am- 11:30am
Open Mat Judo/BJJ	7pm-7:30pm			7pm-7:30pm		7:30am- 8:30am

For a FREE two week free trial contact Head Coach Matt on 0422793609 or
beyondgrapplingclub@gmail.com