


Timetable 2024

(Week Day Times)	Monday	Tuesday	Wednesday	Thursday	(Weekend Times)	Saturday	Sunday
							G r a d i n g D a t e s T o B e A d v i s e d
					8.00am to 9.00am	Freestyle Martial Arts <u>Self Defence</u> (Adults 16+) 8.00am to 9.00am	
					9.00am to 9.45am	Freestyle Martial Arts <u>Pre-Juniors</u> (5 - 8 Years) 9.00am to 9.45am	
					9.45am to 10.30am	Freestyle Martial Arts <u>Juniors</u> (9 - 12 Years) 9.45am to 10.30am	
					10.30am to 11.30am	Freestyle Wrestling Fundamentals (Adults 16+) 10.30am to 11.30am	
	Private Lessons Available						
4.00pm to 4.45pm	Freestyle Martial Arts <u>Pre-Juniors</u> (5 - 8 Years)	Freestyle Martial Arts <u>Pre-Juniors</u> (5 - 8 Years)	Freestyle Martial Arts <u>Pre-Juniors</u> (5 - 8 Years)	Freestyle Martial Arts <u>Pre-Juniors</u> (5 - 8 Years)		W o r k s h o p s & S h o r t C o u r s e s	
4.45pm to 5.30pm	Freestyle Martial Arts <u>Juniors</u> (9 - 12 Years)	Freestyle Martial Arts <u>Juniors</u> (9 - 12 Years)	Freestyle Martial Arts <u>Juniors</u> (9 - 12 Years)	Freestyle Martial Arts <u>Juniors</u> (9 - 12 Years)			
5.30pm to 6.15pm	Freestyle Martial Arts <u>Teens</u> (13 - 15 Years)	Freestyle Martial Arts <u>Teens</u> (13 - 15 Years)	Fight Club (Ages 10+) (Breaks For School Holidays, Invite Only)	Freestyle Martial Arts <u>Teens</u> (13 - 15 Years)			
	Adult Classes						
Adults Classes Start 6.15pm	Freestyle Martial Arts <u>Self Defence</u> (Adults 16+) 6.15pm to 7.15pm	Brazilian Jiu Jitsu (BJJ) Fundamentals (GI) (Adults 14+) 6.15pm to 7.30pm	Freestyle Wrestling Fundamentals (Adults 16+) 6.15pm to 7.15pm	Brazilian Jiu Jitsu (BJJ) Fundamentals (GI) (Adults 14+) 6.15pm to 7.30pm			
	Brazilian Jiu Jitsu (BJJ) <u>GI (Blue & Above)</u> (Adults 16+) 7.15pm to 8.30pm	Freestyle Martial Arts <u>Self Defence</u> (Adults 16+) 7.30pm to 8.30pm	Brazilian Jiu Jitsu (BJJ) <u>NO GI (All Ranks)</u> (Adults 16+) 7.15pm to 8.30pm	Freestyle Martial Arts <u>Self Defence</u> (Adults 16+) 7.30pm to 8.30pm			
	Closed 8.30pm	Closed 9.00pm	Closed 6.15pm	Closed 9.00pm		Closed 11.00am	