


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
					7.00am to 8.00am	Freestyle Wrestling Fundamentals (Adults 16+) 7.00am to 8.00am	
					8.00am to 9.00am	Freestyle Martial Arts Self Defence (Adults 16+) 8.00am to 9.00am	
					9.00am to 9.45am	Freestyle Martial Arts Pre-Juniors (5 - 8 Years) 9.00am to 9.45am	
					9.45am to 10.30am	Freestyle Martial Arts Juniors (9 - 12 Years) 9.45am to 10.30am	
	Private Lessons Available						
4.00pm to 4.45pm	Freestyle Martial Arts Pre-Juniors (5 - 8 Years)	Freestyle Martial Arts Pre-Juniors (5 - 8 Years)	Freestyle Martial Arts Pre-Juniors (5 - 8 Years)	Freestyle Martial Arts Pre-Juniors (5 - 8 Years)		W o r k s h o p s	
4.45pm to 5.30pm	Freestyle Martial Arts Juniors (9 - 12 Years)	Freestyle Martial Arts Juniors (9 - 12 Years)	Freestyle Martial Arts Juniors (9 - 12 Years)	Freestyle Martial Arts Juniors (9 - 12 Years)		&	
5.30pm to 6.15pm	Freestyle Martial Arts Teens (13 - 15 Years)	Freestyle Martial Arts Teens (13 - 15 Years)	Fight Club (Ages 10+) (Breaks For School Holidays, Invite Only)	Freestyle Martial Arts Teens (13 - 15 Years)		S h o r t	
	Adult Classes						
Adults Classes Start 6.15pm	Freestyle Martial Arts Self Defence (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		C o u r s e s	
	Brazilian Jiu Jitsu (BJJ) NO GI (All Ranks) (Adults 16+) 7.15pm to 8.30pm	Freestyle Martial Arts Self Defence (Adults 16+) 7.30pm to 8.30pm		Freestyle Martial Arts Self Defence (Adults 16+) 7.30pm to 8.30pm			
	Brazilian Jiu Jitsu (BJJ) (NO GI) Extension Class 8.30pm to 9.00pm (Breaks for Holidays)						
	Closed 8.30pm	Closed 9.00pm	Closed 6.15pm	Closed 9.00pm		Closed 11.00am	