

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
PRE JUNIORS 5 TO 8 YEARS (4.00PM TO 4.45PM)	PRE JUNIORS 5 TO 8 YEARS (4.00PM TO 4.45PM)	PRE JUNIORS 5 TO 8 YEARS (4.00PM TO 4.45PM)	PRE JUNIORS 5 TO 8 YEARS (4.00PM TO 4.45PM)	
JUNIORS 9 TO 12 YEARS (4.45PM TO 5.30PM)	JUNIORS 9 TO 12 YEARS (4.45PM TO 5.30PM)	JUNIORS 9 TO 12 YEARS (4.45PM TO 5.30PM)	JUNIORS 9 TO 12 YEARS (4.45PM TO 5.30PM)	FREESTYLE MARTIAL ARTS (8.00AM TO 9.00AM) <small>ADULTS 16 +</small>
TEENS 12 TO 15 YEARS (5.30PM TO 6.15PM)	TEENS 12 TO 15 YEARS (5.30PM TO 6.15PM)	FIGHT CLUB 6 TO 14 YEARS (5.30PM TO 6.15PM)	TEENS 12 TO 15 YEARS (5.30PM TO 6.15PM)	PRE JUNIORS 5 TO 8 YEARS (9.00AM TO 9.45AM)
MIXED MARTIAL ARTS (6.15PM TO 7.15PM) <small>ADULTS 16 +</small>	BRAZILIAN JIU JITSU (6.15PM TO 7.30PM) <small>ADULTS 16 +</small>	MIXED MARTIAL ARTS (6.15PM TO 7.15PM) <small>ADULTS 16 +</small>	BRAZILIAN JIU JITSU (6.15PM TO 7.30PM) <small>ADULTS 16 +</small>	JUNIORS 9 TO 12 YEARS (9.45AM TO 10.30AM)
BRAZILIAN JIU JITSU (7.15PM TO 8.30PM) <small>ADULTS 16 +</small>	FREESTYLE MARTIAL ARTS (7.30PM TO 8.30PM) <small>ADULTS 16 +</small>	BRAZILIAN JIU JITSU (7.15PM TO 8.30PM) <small>ADULTS 16 +</small>	FREESTYLE MARTIAL ARTS (7.30PM TO 8.30PM) <small>ADULTS 16 +</small>	MIXED MARTIAL ARTS (10.30AM TO 11.30AM) <small>ADULTS 16 +</small>
EXTENDED ROLLTIME (8.30PM TO 9.00PM) <small>ADULTS 16 +</small>				BRAZILIAN JIU JITSU (11.30AM TO 12.45PM) <small>ADULTS 16 +</small>