

### ADULT CLASSES

| MONDAY                      | TUESDAY                      | WEDNESDAY                   | THURSDAY   | FRIDAY                       | SATURDAY                     |
|-----------------------------|------------------------------|-----------------------------|--|------------------------------|------------------------------|
| 6:00AM - 7:00AM<br>BJJ      | 6:00AM - 7:00AM<br>BJJ       | 6:00AM - 7:00AM<br>BJJ      | 6:00AM - 7:00AM<br>BJJ                                 | 6:00AM - 7:00AM<br>BJJ       | 7.45AM - 8:45AM<br>BJJ       |
| 6:00PM - 7:00PM<br>BJJ      | 5:45PM - 7:00PM<br>BJJ NO-GI | 6:00PM - 7:00PM<br>BJJ      | 5:45PM - 7:00PM<br>ADVANCED BJJ<br>Blue belt and above | 6:00PM - 7:00PM<br>BJJ NO-GI |                              |
| 7:00PM - 7:30PM<br>SPARRING |                              | 7:00PM - 7:30PM<br>SPARRING |  | 7:00PM - 7:30PM<br>SPARRING  | 11:00AM - 1:00PM<br>OPEN MAT |



### KIDS & JUNIOR CLASSES

| MONDAY                     | TUESDAY                       | WEDNESDAY                  | THURSDAY                      | FRIDAY                     | SATURDAY                                   |
|----------------------------|-------------------------------|----------------------------|-------------------------------|----------------------------|--|
|                            |                               |                            |                               |                            | 9:00AM - 9:30AM<br>KOALAS                  |
| 4:00PM - 4:30PM<br>PANDAS  | 4:00PM - 4:30PM<br>PANDAS     | 4:00PM - 4:30PM<br>PANDAS  | 4:00PM - 4:30PM<br>PANDAS     | 4:00PM - 4:30PM<br>PANDAS  | 9:40AM - 10:10AM<br>PANDAS                 |
| 4:30PM - 5:15PM<br>MONKEYS | 4:30PM - 5:15PM<br>MONKEYS    | 4:30PM - 5:15PM<br>MONKEYS | 4:30PM - 5:15PM<br>MONKEYS    | 4:30PM - 5:15PM<br>MONKEYS | 10:10AM - 10:55AM<br>MONKEYS<br>AND SHARKS |
| 5:15PM - 6:00PM<br>SHARKS  | 5:15PM - 5:45PM<br>JUNIOR MMA | 5:15PM - 6:00PM<br>SHARKS  | 5:15PM - 5:45PM<br>JUNIOR MMA | 5:15PM - 6:00PM<br>SHARKS  |  |



#### KOALAS 2 - 4 YEARS

Koalas are introduced to martial arts through a series of activities with a parent and the instructor, designed to improve gross motor skills in a fun class that is great for bonding between parent and child.

#### PANDAS 4 - 7 YEARS

Pandas classes combine play and martial arts technique to build self confidence and promote discipline, ensuring that the children learn while also having plenty of fun.

#### MONKEYS 7 - 10 YEARS

Monkeys are growing up fast and the need for greater focus, discipline, reward and technical detail in their martial arts learning is paramount to their development. These classes begin to resemble an adult level of teaching, while still retaining the fun children need to keep engaged.

#### SHARKS 10 - 15 YEARS

Sharks start to develop maturity in these classes by being encouraged to interact more in the classes. We strive to use a Socratic method of teaching to further increase the Sharks critical thinking skills and the applications to Brazilian Jiu Jitsu.

#### BJJ | ALL LEVELS

Brazilian Jiu Jitsu is a beautiful but devastating martial art that uses leverage rather than strength to allow a smaller person to defeat a large opponent. All skill levels welcome, our classes are friendly and safe.

#### BJJ NO - GI

BJJ No-Gi classes includes self defence from a standing position, with a focus on takedowns and submission grappling without wearing a Gi (uniform). Usually a rashguard or t-shirt and shorts are all that's required.

#### OPEN MAT

Open Mat is an unstructured class for free rolling and technique tweaking that also helps to build our club's unique culture.

