



MONSTER MARTIAL ARTS

BRAZILIAN JIU JITSU



	MON	TUE	WED	THUR	FRI	SAT
KIDS & TEENS						
8.30 - 9.15 am						TEENS BJJ (8-15yrs) NO-GI
11 - 11.45 am	HOMESCHOOL BJJ (6yrs +) Term by Term		HOMESCHOOL BJJ No Gi (6yrs +) Term by Term			
4pm	KIDS BJJ (6-10yrs)		KIDS BJJ (6-10yrs) NO GI			
4.45 - 5.30 pm	TEENS BJJ (10-15yrs)		TEENS BJJ (10-15yrs) NO GI		TEENS BJJ (8-15yrs)	
ADULTS						
6am - 7am			BJJ ALL LEVELS NO GI		BJJ ALL LEVELS GI	
9.15 - 10am						FIGHT FIT 45MIN
5.30 pm	BJJ FUNDAMENTALS		BJJ FUNDAMENTALS NO GI			
6.30 pm	BJJ ALL LEVELS GI	MMA for BEGINNERS	BJJ ALL LEVELS NO GI	MMA for BEGINNERS	BJJ ALL LEVELS NO GI	
7.30 - 8pm		ADVANCED MMA		ADVANCED MMA		
LADIES (Teens & Adults)						
5pm - 6pm					LADIES BJJ	