



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 |
| 10am | | | | | | OPEN MAT |
| 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 | |