



2024 Kids Program

	Monday			Tuesday			Wednesday			Thursday		
	Area 1	Area 2	Area 3	Area 1	Area 2	Area 3	Area 1	Area 2	Area 3	Area 1	Area 2	Area 2
4.00pm	Jiu Jitsu Juniors (4-5 years old) 4:00-4:45pm			Jiu Jitsu Juniors (4-5 years old) 4:00-4:45pm			Jiu Jitsu Juniors (4-5 years old) 4:00-4:45pm			Jiu Jitsu Juniors (4-5 years old) 4:00-4:45pm		
4.45pm	Jiu Jitsu Juniors (6-9 years old) 4:45-5:30pm			Jiu Jitsu Juniors (6-9) 4:45-5:30pm	Karate MMA 4:45 - 5:30pm	Junior Muay Thai 4:45-5:30pm	Jiu Jitsu Juniors (6-9 years old) 4:45-5:30pm			Jiu Jitsu Juniors (6-9) 4:45-5:30pm	Karate MMA 4:45-5:30pm	Junior Muay Thai 4:45-5:30pm
5.30pm	Junior Teens BJJ (9-12) 5:30-6:30pm	BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens MMA (12-16) 5:30-6:30pm		BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens Muay Thai 5:30-6:30pm	Junior Teens BJJ (9-12) 5:30-6:30pm	BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens MMA (12-16) 5:30-6:30pm		BJJ Senior Teens and Adults 5:30 - 6:30pm	Teens Muay Thai 5.30-6.30pm
8.30pm	Gym Closed											

	Saturday			
	Area 1	Area 2	Area 3	Area 4
8.15am				Junior Muay Thai 8:15-9:00am
8.30am	Preschoolers & Parents (Under 4 years old) 8:30-9:15am	Jiu Jitsu Juniors (4-5 years old) 8:30-9:15am	Fundamental Karate MMA 8:30-9:15am	
9.00am			Intermediate Karate MMA (incl Sparring) 9:15-10:00am	
9.15am	Jiu Jitsu Juniors (6-9 years old) 9:15-10:00am			
11.00am	BJJ Teens and Parents 11:15-12:15pm			
	Gym Close			

*Please note: Classes are subject to change. Our live timetable can be viewed via the VT1 App.