



# 2025 Kids & Teens Class Timetable

	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				BJJ Kids (3-5 years) 4:00-4:45pm						BJJ Kids (3-5 years) 4:00-4:45pm		
4:45pm	BJJ Kids Gi (6-9 years) 4.45 - 5:30pm			Junior Muay Thai (5-10 years) 4.45 - 5:30pm	Junior MMA (5-10 years) 4.45 - 5:30pm	BJJ Kids No Gi (6-9 years) 4.45 - 5:30pm	BJJ Kids Gi (6-9 years) 4.45 - 5:30pm			Junior Muay Thai (5-10 years) 4.45 - 5:30pm	Junior MMA (5-10 years) 4.45 - 5:30pm	BJJ Kids No Gi (6-9 years) 4.45 - 5:30pm
5:30pm	BJJ Teens Gi (10-15 years) 5.30 - 6:30pm			Teens MT (11-15 years) 5.30 - 6:30pm	Teens MMA (11-15 years) 5.30 - 6:30pm		BJJ Teens Gi (10-15 years) 5.30 - 6:30pm			Teens MT (11-15 years) 5.30 - 6:30pm	Teens MMA (11-15 years) 5.30 - 6:30pm	
8:30pm	Gym Closed											

	Friday		
	Area 1	Area 2	Area 3
4:45pm	Judo for BJJ (6-15 years) 4.45 - 5:30pm		
5:30pm	BJJ Teens No-Gi (10-15 years) 5.30 - 6:30pm		
8:30pm	Gym Closed		

	Saturday		
	Area 1	Area 2	Area 3
8:15am	Junior Muay Thai (5-10 years) 8:15-9:00am		
8:30am	Junior MMA (5-10 years) 8:30-9:15am	BJJ Kids (3-5 years) 8:30-9:15am	
9:15am	Teens MMA (11-15 years) 9:15 - 10:00am	BJJ Kids Gi (6-9 years) 9.15 - 10:00am	
12:30pm	Gym Closed		