

SENSEI CLASS TIMETABLE 2021

		12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
MON	GYM	OPEN GYM 12:30 - 3:30				DINKIES AGE 4-7 YRS 16:15 - 16:45	JUNIOR MMA AGE 7-10 YRS 17:00 - 17:45	MMA ADULTS AGE 16+ YRS 18:00 - 19:30		
	BR					DINKIES AGE 4-7 YRS 16:15 - 16:45	JUNIOR MMA AGE 11-15 YRS 17:00 - 17:45	ROOM UNAVAILABLE		
TUE	GYM	OPEN GYM 12:30 - 3:30				DINKIES AGE 4-7 YRS 16:15 - 16:45	BJJ JUNIORS AGE 7-10 YRS 17:00 - 17:45	NO GI BJJ ADULTS AGE 16+ YRS 18:00 - 19:00	BJJ ADULTS AGE 16+ YRS 19:00 - 20:30	
	BR						BJJ JUNIORS AGE 11-15 YRS 17:00 - 17:45	BJJ FUNDAMENTALS AGE 16+ YRS 18:00 - 19:00		
WED	GYM	OPEN GYM 12:30 - 3:30				DINKIES AGE 4-7 YRS 16:15 - 16:45	JUNIOR MMA AGE 7-10 YRS 17:00 - 17:45	STANDUP ADULTS AGE 16+ YRS 18:00 - 19:30		
	BR					DINKIES AGE 4-7 YRS 16:15 - 16:45	JUNIOR WRESTLING AGE 11-15 YRS 17:00 - 17:45	ROOM UNAVAILABLE		
THU	GYM						BJJ JUNIORS AGE 7-10 YRS 17:00 - 17:45	NO GI BJJ ADULTS AGE 16+ YRS 18:00 - 19:00	BJJ ADULTS AGE 16+ YRS 19:00 - 20:30	
	BR						BJJ JUNIORS AGE 11-15 YRS 17:00 - 17:45	BJJ FUNDAMENTALS AGE 16+ YRS 18:00 - 19:00		
FRI	GYM	OPEN GYM 12:30 - 3:30				DINKIES AGE 4-7 YRS 16:15 - 16:45	JUNIOR MMA AGE 7-10 YRS 17:00 - 17:45	MMA ADULTS AGE 16+ YRS 18:00 - 19:30		
	BR						JUNIOR MMA AGE 11-15 YRS 17:00 - 17:45			
		09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00
SAT	GYM	DINKIES AGE 4-7 YRS 09:00 - 09:30	JUNIOR MMA AGE 7-10 YRS 09:45 - 10:30	OPEN MAT 10:30 - 12:00						
	BR	DINKIES AGE 4-7 YRS 09:00 - 09:30	JUNIOR MMA AGE 11-15 YRS 09:45 - 10:30	COMP/FIGHT SPECIFIC TRAINING (OPEN TO ALL) 10:30 - 11:30						

sensei

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TO BOOK A SESSION

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