



# MONSTER MARTIAL ARTS

## BRAZILIAN JIU JITSU



	MON	TUE	WED	THUR	FRI	SAT
<b>KIDS &amp; TEENS</b>						
8.30 - 9.15 am						<b>TEENS BJJ (8-15yrs) NO GI</b>
11 - 11.45 am	<b>HOMESCHOOL BJJ (6yrs +) Term by term</b>		<b>HOMESCHOOL BJJ (6yrs +) NO GI Term by term</b>			
4pm	<b>KIDS BJJ (6-10yrs)</b>		<b>KIDS BJJ (6-10yrs) NO GI</b>			
4.45 - 5.30 pm	<b>TEENS BJJ (10-15yrs)</b>		<b>TEENS BJJ (10-15yrs) NO GI</b>		<b>TEENS BJJ (8-15yrs)</b>	
<b>ADULTS</b>						
6am - 7am			<b>BJJ ALL LEVELS NO GI</b>		<b>BJJ ALL LEVELS GI</b>	
9.15 am						<b>FIGHT FIT 45MIN</b>
9.30 - 10.30 am			<b>FIGHT FIT</b>			
5.30 pm	<b>BJJ FUNDAMENTALS</b>		<b>BJJ FUNDAMENTALS NO GI</b>			
6.30 pm	<b>BJJ ALL LEVELS</b>	<b>MMA for BEGINNERS</b>	<b>BJJ ALL LEVELS NO GI</b>	<b>MMA for BEGINNERS</b>	<b>BJJ ALL LEVELS NO GI</b>	
7.30 - 8pm		<b>ADVANCED MMA</b>		<b>ADVANCED MMA</b>		
<b>LADIES (Teens &amp; Adults)</b>						
5pm - 6pm					<b>LADIES BJJ</b>	