

| MONDAY                                                                                      | TUESDAY                                                                                          | WEDNESDAY                                                                                   | THURSDAY                                                                                        | FRIDAY                                                                                      | SATURDAY                                                                                        | SUNDAY                                                                                        |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 11:00 - 11:45                                                                               | 11:00 - 11:45                                                                                    | 11:00 - 11:45                                                                               | 11:00 - 11:45                                                                                   | 11:00 - 11:45                                                                               | 11:00 - 11:45                                                                                   | 10:00 - 11:00                                                                                 |
| <div>INTERMEDIATE GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div> | <div>ADVANCED NO-GI</div> <div>CLASS WITH ELEMENTS OF WRESTLING &amp; BRAZILIAN JIU JITSU</div>  | <div>INTERMEDIATE GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div> | <div>ADVANCED NO-GI</div> <div>CLASS WITH ELEMENTS OF WRESTLING &amp; BRAZILIAN JIU JITSU</div> | <div>INTERMEDIATE GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div> | <div>INTERMEDIATE GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div>     | <div>LADIES GI</div> <div>CLASS WITH ELEMENTS OF SELF-DEFENCE &amp; BRAZILIAN JIU JITSU</div> |
|                                                                                             |                                                                                                  |                                                                                             |                                                                                                 |                                                                                             | 12:15 - 13:00                                                                                   |                                                                                               |
|                                                                                             |                                                                                                  |                                                                                             |                                                                                                 |                                                                                             | <div>ADVANCED NO-GI</div> <div>CLASS WITH ELEMENTS OF WRESTLING &amp; BRAZILIAN JIU JITSU</div> |                                                                                               |
|                                                                                             |                                                                                                  |                                                                                             |                                                                                                 |                                                                                             | 13:15 - 14:00                                                                                   |                                                                                               |
|                                                                                             |                                                                                                  |                                                                                             |                                                                                                 |                                                                                             | <div>STRIKING</div> <div>CLASS WITH ELEMENTS OF BOXING &amp; MUAY-THAI &amp; K1</div>           |                                                                                               |
| 18:00 - 18:45                                                                               | 18:15 - 19:00                                                                                    | 18:15 - 19:00                                                                               | 18:15 - 19:00                                                                                   | 18:15 - 19:00                                                                               |                                                                                                 |                                                                                               |
| <div>STRIKING</div> <div>CLASS WITH ELEMENTS OF BOXING &amp; MUAY-THAI &amp; K1</div>       | <div>BEGINNERS NO-GI</div> <div>CLASS WITH ELEMENTS OF WRESTLING &amp; BRAZILIAN JIU JITSU</div> | <div>BEGINNERS GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div>    | <div>ADVANCED NO-GI</div> <div>CLASS WITH ELEMENTS OF WRESTLING &amp; BRAZILIAN JIU JITSU</div> | <div>BEGINNERS GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div>    |                                                                                                 |                                                                                               |
| 19:00 - 19:45                                                                               | 19:15 - 20:00                                                                                    | 19:15 - 20:00                                                                               | 19:15 - 20:00                                                                                   | 19:15 - 20:00                                                                               |                                                                                                 |                                                                                               |
| <div>WRESTLING</div> <div>CLASS WITH ELEMENTS OF FREESTYLE WRESTLING &amp; ACROBATICS</div> | <div>ADVANCED NO-GI</div> <div>CLASS WITH ELEMENTS OF WRESTLING &amp; BRAZILIAN JIU JITSU</div>  | <div>ADVANCED GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div>     | <div>WRESTLING</div> <div>CLASS WITH ELEMENTS OF FREESTYLE WRESTLING &amp; ACROBATICS</div>     | <div>ADVANCED GI</div> <div>CLASS WITH ELEMENTS OF JUDO &amp; BRAZILIAN JIU JITSU</div>     |                                                                                                 |                                                                                               |