

KIDS & PARENTS (WEEKDAYS)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 10:30	Family Fusion 2+ yrs		Family Fusion 2+ yrs		
10:30 11:00		Family Fusion (*) 2+ yrs		Family Fusion (*) 2+ yrs	
15:30 16:00	Belugas 3-6 yrs	Orcas (15:30-16:15) 12-16 yrs	Belugas 3-6 yrs	Orcas (15:30-16:15) 12-16 yrs	Belugas 3-6 yrs
16:10 16:55	Orcas (*) 12-16 yrs	Belugas (*) 3-6 yrs	Humpbacks 6-12 yrs	Girl Power (16:20-17:05) 7-15 yrs	Humpbacks 6-12 yrs
17:05 17:50	Humpbacks 6-12 yrs		Orcas 12-16 yrs	Humpbacks (*) 6-12 yrs	

KIDS & PARENTS (SATURDAY)

Time	Saturday	
09:30 10:00	Family Fusion 2+ yrs	Belugas 3-6 yrs
10:10 10:55	Humpbacks 6-12 yrs	Orcas 12-16 yrs
10:55 11:25	Parent Child Open Mat	

* Classes marked with an asterisk are planned for a future stage of our timetable and will be introduced as demand grows or when existing classes reach capacity.

ADULT BJJ & NO-GI

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 07:00	Adults BJJ All Levels	Adults No-Gi Fundamentals	Adults BJJ All Levels	Adults No-Gi Fundamentals		
11:25 11:55						Adults Open Mat BJJ & No-Gi
18:00 19:00	Adults BJJ All Levels	Adults BJJ Advanced (*)	Adults BJJ All Levels	Women's Only All Levels	Adults BJJ All Levels	
19:10 20:10	Adults No-Gi Fundamentals	Adults BJJ All Levels	Adults No-Gi Fundamentals	Adults BJJ All Levels		

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