

		MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY			
		MAT 1	MAT 2	MAT 1	MAT 1	MAT 2	MAT 1	MAT 1	MAT 2	MAT 1	MAT 2		
MORNING	6:00 am											6:00 am	MORNING
	6:15 am											6:15 am	
	6:30 am											6:30 am	
	6:45 am	NO-GI BJJ LEVEL 1+		GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+		GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+		GRAPPLING TIMETABLE	6:45 am		
	7:00 am								7:00 am				
	7:15 am								7:15 am				
	7:30 am								7:30 am				
	7:45 am										7:45 am		
	8:00 am										8:00 am		
	8:15 am										8:15 am		
	9:00 am											9:00 am	
	9:15 am											9:15 am	
	9:30 am											9:30 am	
	9:45 am										9:45 am		
10:00 am									NO-GI BJJ LEVEL 1+	10:00 am			
10:15 am										10:15 am			
10:30 am										10:30 am			
10:45 am										10:45 am			
11:00 am										11:00 am			
11:15 am										11:15 am			
MIDDAY	12:00 pm	GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 1+	GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 1+	GI BJJ LEVEL 1+		ABSOLUTE MIXED MARTIAL ARTS	12:00 pm	MIDDAY	
	12:15 pm												12:15 pm
	12:30 pm								12:30 pm				
	12:45 pm								12:45 pm				
	1:00 pm	WRESTLING ALL LEVELS		NO-GI BJJ INTRO	NO-GI BJJ LEVEL 2+		NO-GI BJJ INTRO	WRESTLING ALL LEVELS			1:00 pm		
	1:15 pm												1:15 pm
	1:30 pm								1:30 pm				
	1:45 pm								1:45 pm				
	2:00 pm								2:00 pm				
EVENING	4:15 pm											4:15 pm	EVENING
	4:30 pm											4:30 pm	
	4:45 pm											4:45 pm	
	5:00 pm											5:00 pm	
	5:15 pm											5:15 pm	
	5:30 pm	GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 1+	GI BJJ LEVEL 2+		NO-GI BJJ LEVEL 1+	GI BJJ LEVEL 1+			5:30 pm		
	5:45 pm											5:45 pm	
	6:00 pm		NO-GI BJJ INTRO			NO-GI BJJ INTRO			6:00 pm				
	6:15 pm								6:15 pm				
	6:30 pm	GI BJJ LEVEL 2+		NO-GI BJJ LEVEL 3+	NO-GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 3+				6:30 pm		
	6:45 pm											6:45 pm	
	7:00 pm											7:00 pm	
	7:15 pm										7:15 pm		
	7:30 pm										7:30 pm		
	7:45 pm										7:45 pm		
	8:00 pm									THE BASEMENT, 136 EXHIBITION ST, MELBOURNE (03)9663-9122 ABSOLUTEMMA.COM.AU	8:00 pm		
	8:15 pm								8:15 pm				
	8:30 pm								8:30 pm				
	8:45 pm								8:45 pm				