

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
		GRAPPLING MAT	GRAPPLING MAT	GRAPPLING MAT	GRAPPLING MAT	GRAPPLING MAT	GRAPPLING MAT				
MORNING	6:00 am						GRAPPLING TIMETABLE	6:00 am	MORNING		
	6:15 am							6:15 am			
	6:30 am	NO-GI BJJ LEVEL 1+	NO-GI BJJ INTRO	NO-GI BJJ LEVEL 1+	NO-GI BJJ INTRO	NO-GI BJJ LEVEL 1+		6:30 am			
	6:45 am							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				
	9:45 am						NO-GI BJJ LEVEL 1+	9:45 am			
	10:00 am							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	11:30 am						WRESTLING COMP TEAM	11:30 am	MIDDAY		
	11:45 am							11:45 am			
	12:00 pm							12:00 pm			
	12:15 pm						ABSOLUTE MIXED MARTIAL ARTS	12:15 pm			
	12:30 pm	NO-GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+	WRESTLING ALL LEVELS	NO-GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+		12:30 pm			
	12:45 pm							12:45 pm			
	1:00 pm							1:00 pm			
	1:15 pm							1:15 pm			
	1:30 pm		WRESTLING ALL LEVELS					1:30 pm			
	1:45 pm							1:45 pm			
	2:00 pm							2:00 pm			
	2:15 pm							2:15 pm			
	2:30 pm							2:30 pm			
	2:45 pm							2:45 pm			
	3:00 pm							3:00 pm			
	3:15 pm							3:15 pm			
	3:30 pm							3:30 pm			
	3:45 pm							3:45 pm			
	4:00 pm							4:00 pm			
EVENING	4:15 pm						ABSOLUTE MIXED MARTIAL ARTS	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	NO-GI BJJ INTRO	NO-GI BJJ LEVEL 2+	NO-GI BJJ INTRO	NO-GI BJJ INTRO	WRESTLING ALL LEVELS		5:30 pm			
	5:45 pm							5:45 pm			
	6:00 pm	NO-GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+			6:00 pm			
	6:15 pm							6:15 pm			
	6:30 pm			NO-GI BJJ LEVEL 1+	NO-GI BJJ LEVEL 1+			6:30 pm			
	6:45 pm							6:45 pm			
	7:00 pm	WRESTLING ALL LEVELS	NO-GI BJJ INTRO	NO-GI BJJ LEVEL 2+	NO-GI BJJ LEVEL 2+			7:00 pm			
	7:15 pm							7:15 pm			
	7:30 pm							7:30 pm			
	7:45 pm		NO-GI BJJ INTRO			134 CROMWELL ST, COLLINGWOOD (03)9663-9122 ABSOLUTEMMA.COM.AU		7:45 pm			
	8:00 pm										8:00 pm
8:15 pm								8:15 pm			
8:30 pm				8:30 pm							
8:45 pm					8:45 pm						