

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
		SKY ROOM	STUDIO	SKY ROOM	STUDIO	SKY ROOM	STUDIO	SKY ROOM	STUDIO	SKY ROOM	STUDIO	SKY ROOM	STUDIO	SKY ROOM		
MORNING	6:00 am											GRAPPLING TIMETABLE			6:00 am	MORNING
	6:15 am														6:15 am	
	6:30 am														6:30 am	
	6:45 am	GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 1+		GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 1+		BJJ OPEN MAT LEVEL 1+					6:45 am	
	7:00 am														7:00 am	
	7:15 am														7:15 am	
	7:30 am											GRAPPLING TIMETABLE			7:30 am	
	7:45 am														7:45 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	
MIDDAY	10:00 am											GI BJJ LEVEL 2+	GI BJJ LEVEL 1+		10:00 am	MIDDAY
	10:15 am														10:15 am	
	10:30 am	WRESTLING/ BJJ PRO TEAM		BJJ PRO TEAM		BJJ OPEN MAT		BJJ PRO TEAM		BJJ PRO TEAM					10:30 am	
	10:45 am													NO-GI BJJ LEVEL 1+	10:45 am	
	11:00 am											BJJ OPEN MAT LEVEL 1+	NO-GI BJJ INTRO	BJJ OPEN MAT LEVEL 1+	11:00 am	
	11:15 am														11:15 am	
	11:30 am														11:30 am	
	11:45 am														11:45 am	
	12:00 pm	NO-GI BJJ FUNDAMENTALS LEVEL 1+		NO-GI BJJ LEVEL 1+		NO-GI BJJ FUNDAMENTALS LEVEL 1+		NO-GI BJJ LEVEL 1+		NO-GI BJJ LEVEL 1+			WRESTLING ALL LEVELS		12:00 pm	
	12:15 pm														12:15 pm	
	12:30 pm														12:30 pm	
	12:45 pm														12:45 pm	
EVENING	1:00 pm											ABSOLUTE MIXED MARTIAL ARTS			1:00 pm	EVENING
	1:15 pm														1:15 pm	
	1:30 pm														1:30 pm	
	4:15 pm														4:15 pm	
	4:30 pm														4:30 pm	
	4:45 pm														4:45 pm	
	5:00 pm	NO-GI BJJ LEVEL 1+		NO-GI BJJ FUNDAMENTALS LEVEL 1+			NO-GI BJJ LEVEL 1+	NO-GI BJJ FUNDAMENTALS LEVEL 1+		WOMEN'S NO-GI BJJ ALL LEVELS					5:00 pm	
	5:15 pm														5:15 pm	
	5:30 pm														5:30 pm	
	5:45 pm														5:45 pm	
	6:00 pm														6:00 pm	
	6:15 pm	GI BJJ FUNDAMENTALS & ADVANCED LEVEL 1+	NO-GI BJJ INTRO	NO-GI LEVEL 2+	GI BJJ INTRO	GI BJJ LEVEL 1+	NO-GI BJJ INTRO	NO-GI BJJ FUNDAMENTALS & ADVANCED LEVEL 1+	NO-GI BJJ INTRO	NO-GI BJJ FUNDAMENTALS LEVEL 1+	BJJ COMP TRAINING				6:15 pm	
	6:30 pm														6:30 pm	
	6:45 pm														6:45 pm	
	7:00 pm									BJJ OPEN MAT LEVEL 1+					7:00 pm	
	7:15 pm														7:15 pm	
	7:30 pm	BJJ OPEN MAT LEVEL 1+	NO-GI BJJ FUNDAMENTALS LEVEL 1+	BJJ OPEN MAT LEVEL 1+	GI BJJ FUNDAMENTALS LEVEL 1+	WRESTLING ALL LEVELS	NO-GI BJJ FUNDAMENTALS LEVEL 1+	BJJ OPEN MAT LEVEL 1+	GI BJJ FUNDAMENTALS LEVEL 1+						7:30 pm	
	7:45 pm														7:45 pm	
	8:00 pm											8 MARTIN ST, ST KILDA (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	