

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY		SATURDAY		
	SKY ROOM	STUDIO	SKY ROOM	SKY ROOM	STUDIO	SKY ROOM	STUDIO	SKY ROOM	STUDIO	
4:15 pm	KIDS GI BJJ 7-11s	KIDS GI BJJ 5-7s	KIDS WRESTLING ALL AGES	KIDS NO-GI BJJ 7-11s	KIDS NO-GI BJJ 5-7s	KIDS GI BJJ 7-11s	KIDS GI BJJ 5-7s	KIDS GI BJJ ALL AGES + COMPETITON		9:00 am
4:30 pm									KIDS NO-GI BJJ	9:15 am
4:45 pm									4 YEAR OLDS	9:30 am
5:00 pm		KIDS GI BJJ OVER 11s		KIDS NO-GI BJJ OVER 11s			KIDS GI BJJ OVER 11s		9:45 am	
5:15 pm									10:00 am	
5:30 pm									10:15 am	

ABSOLUTE
MIXED MARTIAL ARTS

KID'S GRAPPLING TIMETABLE

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