



ADULTS SCHEDULE

MONDAY

6:30 AM

GB1

GI - ALL LEVELS

12:00 PM

GB1

NO GI ALL LEVELS

6:30 PM

GB1

GI CLASS A

7:30 PM

GB2

GI CLASS A

TUESDAY

6:30 AM

GB1

NO GI - ALL LEVELS

11:00 AM

GB1

GI CLASS A

12:00 PM

GB2

GI CLASS A

7:00 PM

GB1

GI CLASS A
GRAPPLE STUDIO

7:00 PM

GB2

NO GI

WEDNESDAY

6:30 AM

GB1

GI - ALL LEVELS

12:00 PM

GB1

NO GI ALL LEVELS

6:30 PM

GB1

GI CLASS B

7:30 PM

GB2

GI CLASS B

THURSDAY

6:30 AM

GB1

NO GI - ALL LEVELS

11:00 AM

GB1

GI CLASS B

12:00 PM

GB2

GI CLASS B

6:30 PM

GB1

GI CLASS B

7:30 PM

GB2

GI CLASS B

FRIDAY

6:00 PM

GB1

STUDY HALL

7:00 PM

GB1

OPEN MAT

SATURDAY

8:15 AM

GB1

GI - CLASS A

9:30 AM

GB1

OPEN MAT

SUNDAY

9:00 AM

GB2

NO GI

GB1

Adult Beginners Programme

Age 15+ / 60 minute Class

GB2

Adult Advanced Programme

White belt 3 stripes and above / 1 - 1.5 hour class

GB3

Adult Expert Programme

Blue belt and above / 1 - 1.5 hour class





GBK SCHEDULE

MONDAY

X
X
X
X
X

4:30 PM
GBK
LITTLE CHAMPS 2

5:30 PM
GBK
JUNIORS & TEENS

TUESDAY

4:00 PM
GBK
TINY CHAMPS

4:35 PM
GBK
LITTLE CHAMPS 1

5:30 PM
GBK
COMPETITION CLASS

WEDNESDAY

4:30 PM
GBK
LITTLE CHAMPS 1

5:25 PM
GBK
LITTLE CHAMPS 2

THURSDAY

4:30 PM
GBK
LITTLE CHAMPS 2

5:30 PM
GBK
JUNIORS & TEENS

FRIDAY

NO
CLASSES

SATURDAY

9:30 AM
GBK
TINY CHAMPS

10:05 AM
GBK
LITTLE CHAMPS 1

11:00 AM
GBK
LITTLE CHAMPS 2

12:00 PM
GBK
JUNIORS & TEENS

12:50 PM
GBK
JUNIORS & TEENS
ROLLING

SUNDAY

X X X X X

NO
CLASSES

GBK

*Tiny Champs: 3-4 yrs / 30
minute classes*

*Little Champs 1: 5-6yrs | 50
minute classes*

*Little Champs 2: 7 - 9 yrs / 50
minute classes*

*Juniors & Teens: 10 - 14yrs /
50 minute classes*

*Competition Class: LC2 &
Juniors - 80 minute class*

