

TIME	MON	TUE	WED	THU	FRI	SAT	SUN PUB HOLIDAY
7:00							
8:00	Basic Class 7:15~8:00		Basic Class 7:15~8:00				
	Sparring Class 8:00~8:30		Sparring Class 8:00~8:30				
9:00	Open Mat		Open Mat				
10:00					Beginner Class 9:30~10:15		
					Sparring Class 10:15~10:45		Beginner Class 10:00~10:45
11:00					Open Mat	Kids BJJ(4~6) 10:30~11:15	Open Mat
12:00						Kids BJJ(7~12) 11:30~12:30	All Level Class 11:15~12:00
13:00							Sparring Class 12:00~13:00
14:00						Beginner Class 13:00~14:00	Open Mat
15:00						All Level Class 14:15~15:15	Open Mat 14:00~15:00 (Only 1st and 3rd Sunday)
16:00						Sparring Class 15:15~16:15	Sparring Class 15:00~16:00 (Only 1st and 3rd Sunday)
17:00	Kids BJJ(7~12) 17:00~18:00		Kids BJJ(4~6) 17:00~17:45		Kids BJJ(7~12) 17:00~18:00		
18:00							
19:00	Basic Class 18:30~19:15	Beginner Class 18:30~19:30	Basic Class 18:30~19:15	Ladies Class 18:30~19:20	All Level Class 18:30~19:30		
20:00	Sparring Class 19:15~20:00		Sparring Class 19:15~20:00	Beginner Class 19:30~20:20	Sparring Class 19:30~20:30		
	All Level Class 20:10~21:00	All Level Class 19:45~20:45	All Level Class 20:10~21:00	Sparring Class 20:20~20:50	Open Mat		
21:00	Sparring Class 21:00~22:00	Sparring Class 20:45~22:00	Sparring Class 21:00~22:00	Competition Class 21:00~22:00	Basic Class 21:00~21:45		
22:00	Open Mat	Open Mat	Open Mat	Open Mat	Sparring Class 21:45~22:15		
23:00					Open Mat		

Family can participate !

CAVE BJJ member only

Regular holiday : 9th, 19th, 29th

- We open 20 minutes before class starts.
- If you continue to participate in the class after sparring, change into another clean Gi.