

| TIME  | MON                            | TUE                            | WED                            | THU                           | FRI                            | SAT                            | SUN<br>PUB HOLIDAY             |
|-------|--------------------------------|--------------------------------|--------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|
| 7:00  |                                |                                |                                |                               |                                |                                |                                |
| 8:00  | Basic Class<br>7:15~8:00       |                                | Basic Class<br>7:15~8:00       |                               |                                |                                |                                |
|       | Sparring Class<br>8:00~8:30    |                                | Sparring Class<br>8:00~8:30    |                               |                                |                                |                                |
| 9:00  | Open Mat                       |                                | Open Mat                       |                               |                                |                                |                                |
| 10:00 |                                |                                |                                |                               | Beginner Class<br>9:30~10:15   |                                |                                |
|       |                                |                                |                                |                               | Sparring Class<br>10:15~10:45  |                                | Beginner Class<br>10:00~10:45  |
| 11:00 |                                |                                |                                |                               | Open Mat                       | Kids BJJ(4~6)<br>10:30~11:15   | Open Mat                       |
| 12:00 |                                |                                |                                |                               |                                | Kids BJJ(7~12)<br>11:30~12:30  | All Level Class<br>11:15~12:00 |
| 13:00 |                                |                                |                                |                               |                                |                                | Sparring Class<br>12:00~13:00  |
| 14:00 |                                |                                |                                |                               |                                | Beginner Class<br>13:00~14:00  | Open Mat<br>13:15~14:15        |
| 15:00 |                                |                                |                                |                               |                                | All Level Class<br>14:15~15:15 | Sparring Class<br>14:15~15:00  |
| 16:00 |                                |                                |                                |                               |                                | Sparring Class<br>15:15~16:15  |                                |
| 17:00 |                                |                                |                                |                               |                                | Open Mat                       |                                |
| 18:00 | Kids BJJ(7~12)<br>17:00~18:00  |                                |                                |                               | Kids BJJ(7~12)<br>17:00~18:00  |                                |                                |
| 19:00 | Basic Class<br>18:30~19:15     | Beginner Class<br>18:30~19:30  | Basic Class<br>18:30~19:15     | Beginner Class<br>18:30~19:30 | All Level Class<br>18:30~19:30 |                                |                                |
| 20:00 | Sparring Class<br>19:15~20:00  |                                | Sparring Class<br>19:15~20:00  | Sparring Class<br>19:30~20:30 | Sparring Class<br>19:30~20:30  |                                |                                |
|       |                                | All Level Class<br>19:45~20:45 |                                |                               |                                |                                |                                |
| 21:00 | All Level Class<br>20:10~21:00 |                                | All Level Class<br>20:10~21:00 |                               |                                |                                |                                |
|       | Sparring Class<br>21:00~22:00  | Sparring Class<br>20:45~22:00  | Sparring Class<br>21:00~22:00  | Basic Class<br>20:45~21:30    | Basic Class<br>20:45~21:30     |                                |                                |
| 22:00 |                                |                                |                                | Sparring Class<br>21:30~22:00 | Sparring Class<br>21:30~22:00  |                                |                                |
| 22:30 | Open Mat                       | Open Mat                       | Open Mat                       | Open Mat                      | Open Mat                       |                                |                                |

Family can participate !

• Only 1st and 3rd Sunday  
• 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.