

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	Family Class 10:30~11:15	Sparring Class 10:45~11:15
12:00						Kids BJJ(6~12) 11:30~12:30	All Level Class 11:30~12:15
13:00							Sparring Class 12:15~13:15
14:00						Beginner Class 13:00~13:45	Q&A Class 13:15~14:15
						Sparring Class 13:45~14:15	
15:00						All Level Class 14:30~15:15	Men's Competition Class 14:15~15:30
16:00						Sparring Class 15:15~16:15	
17:00	Kids BJJ(6~12) 17:00~18:00				Kids BJJ(6~12) 17:00~18:00	Women's Competition Class 17:00~18:15	
18:00							
19:00	Basic Class 18:30~19:15	Beginner Class 18:30~19:15	Basic Class 18:30~19:15	Beginner Class 18:30~19:30	All Level Class 18:30~19:30		
20:00	Sparring Class 19:15~20:00	Sparring Class 19:15~19:45	Sparring Class 19:15~20:00	Sparring Class 19:30~20:30	Sparring Class 19:30~20:30		
	All Level Class 20:10~21:00	All Level Class 20:00~21:00	All Level Class 20:10~21:00				
21:00	Sparring Class 21:00~22:00	Sparring Class 21:00~22:00	Sparring Class 21:00~22:00	Basic Class 20:45~21:30	Basic Class 20:45~21:30		
22:00				Sparring Class 21:30~22:00	Sparring Class 21:30~22:00		
22:30	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat		

Family can participate !

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.
- Competition Class Eligibility: White belts with 3+ stripes or higher