

# OPEN MAT JIU JITSU

## AUTUMN TIMETABLE

-MON-	-TUE-	-WED-	-THU-	-FRI-	-SAT-	-SUN-
	6AM Class	6AM Class	6AM Free Open Mat		8.30AM 6yo & Under	
					9.10AM 7yo & Over	
			10AM Open Mat		10AM Free Open Mat	10AM Open Mat
3.45PM 6yo & Under			3.45PM 6yo & Under			
4.25PM 7yo & Over			4.25PM 7yo & Over			
5.15PM Extension	5.15PM Fundamentals	5.15PM Comp Class	5.15PM Fundamentals	5.15PM Extension		
5.45PM Fundamentals	6.15PM Extension	5.45PM Workshop	6.15PM Extension	5.45PM Fundamentals		
6.45PM Open Mat	6.45PM Open Mat	6.45PM Open Mat	6.45PM Open Mat	6.45PM Open Mat		

**Notice:** All classes are in NoGi (rashguards, spats and shorts)

**Others:** Women's Only Open Mat; Competition Footage Review; In House or Out of House Competition; Seminars