

## 2019 BKJ MARTIAL ARTS Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Brazilian Jiu Jitsu (12 yrs & up) 6.30am - 7.30am		Brazilian Jiu Jitsu (12 yrs & up) 6.30am - 7.30am	
	Kids Karate (4-7 yrs) 5.10pm - 5.50pm		Kids Karate (4-7 yrs) 5.10pm - 5.50pm			Muay Thai Mixed Ages 9am - 10am
	Kids Karate (8-12yrs) Colts 5.10pm - 5.50pm		Kids Karate (8-12yrs) Colts 5.10pm - 5.50pm		Kids (8-11 yrs) Brazilian Jiu Jitsu 5.10pm - 6.10pm	
	Boxing 6.15pm - 7.15pm		Kids (8-11 yrs) Brazilian Jiu Jitsu 6pm - 7pm	Boxing 6.15pm - 7.15pm	Boxing 6.15pm - 7.15pm	
Brazilian Jiu Jitsu (12 yrs & up) 6.00pm - 7.00pm	Karate-Jitsu (12 yrs & up) 6pm - 7pm	Karate-Jitsu (12 yrs & up) 6.15pm - 7.30pm		Karate-Jitsu (12 yrs & up) 6.15pm - 7.30pm		
	Brazilian Jiu Jitsu (open mat) 6.00pm - 7.15pm					
	Muay Thai & MMA (10 yrs & up) 7.15pm - 8.30pm	Brazilian Jiu Jitsu (12 yrs & up) 7.30pm - 8.45pm	Muay Thai & MMA (10 yrs & up) 7.15pm - 8.30pm	Brazilian Jiu Jitsu (12 yrs & up) 7.30pm - 8.45pm		