Timetable - Adult Martial Arts

From 30th April 2022

Smash: 30 minute class

Open Mat: Unstructured class (Instructor may not be present)

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	
6:45													6:45
7:00										BJJ OPEN MAT 07:00-07:45			7:00
7:15													7:15
7:30													7:30
7:45													7:45
													8:00
10:00													10:00
10:15													10:15
10:30											HAPKIDO 10:30-11:30		10:30
10:45													10:45
11:00													11:00
11:15													11:15
11:30											KUMDO 11:35 - 12:35	TAEKYUN 11:35-12:35	11:30
11:45													11:45
12:00													12:00
12:15													12:15
12:30											OPEN MAT 12:35 - 13:00	TAEKYUN OPEN MAN 12:35-1:30	12:30
12:45													12:45
13:00											BJJ OPEN MAT 13:00-14:00		13:00
13:15													13:15
13:30													13:30
13:45													13:45
													14:00
17:45													17:45
18:00	ADULT TKD 18:00-19:00			TAEKYUN 18:00-19:00			HAPKIDO 18:00-19:00	TAEKYUN 18:00-19:00	ADULT TKD 18:00-19:00				18:00
18:15					KUMDO 18:00-19:00								18:15
18:30													18:30
18:45													18:45
19:00			HAPKIDO 19:05-20:05				BLACKBELT OPEN MAT 19:05-19:50						19:00
19:15	EPIC Brazilian JiuJitsu (BJJ) 19:05-20:30	KUMDO 19:05-20:05			EPIC Brazilian JiuJitsu (BJJ) 19:05-20:30	ADULT TKD 19:05-20:05		NO GI BJJ 19:05-20:30					19:15
19:30													19:30
19:45													19:45
20:00													20:00
20:15													20:15
20:30													20:30