



Timetable - Adults

From Monday 18th July 2022

Open Mat: Unstructured class (Not Instructor Run - Organise a Training Buddy)

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)
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**BJJ OPEN MAT
07:00-07:45**

**HAPKIDO
10:30-11:30**

**KUMDO
11:35 - 12:35**

**KUMDO
Class Usage**

**KUMDO
Open Mat**

**TAEKYUN
Open Mat
12:35-13:35**

**BJJ OPEN MAT
13:00-14:00**

**ADULT TKD
18:00-19:00**

**TAEKYUN
18:00-19:00**

**KUMDO
18:00-19:00**

**HAPKIDO
18:00-19:00**

**ADULT TKD
18:00-19:00**

**ADULT TKD
18:00-19:00**

**EPIC Brazilian
JiuJitsu (BJJ)
19:05-20:30**

**KUMDO
19:05-20:05**

**HAPKIDO
19:05-20:05**

**EPIC Brazilian
JiuJitsu (BJJ)
19:05-20:30**

**KUMDO
Senior Belts
19:05-19:35**

**HAPKIDO
Senior Belts
19:05-19:35**

**NO GI
Epic BJJ
19:05-20:30**