



## 2021 CLASS TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT				
	<b>BJJ Adults</b> Early Bird All Levels ----- 6:00am-7:00am									
		<b>BJJ Adults</b> All Levels ----- 9:30am-10:30am	<b>BJJ Kids</b> JNR 1 ----- 4:00pm-5:00pm	<b>BJJ Kids</b> JNR 2 ----- 5:00pm-6:00pm	<b>BJJ Adults</b> All Levels ----- 6:00pm-7:00pm	<b>BJJ Adults</b> Beginner Basics & Self Defence ----- 6:00pm-7:15pm	<b>BJJ Kids</b> Advance Squad ----- 4:45pm-5:45pm			
	<b>BJJ Adults</b> Early Bird All Levels ----- 6:00am-7:00am	<b>BJJ Kids</b> JNR 1 ----- 4:00pm-5:00pm	<b>BJJ Kids</b> JNR 2 ----- 5:00pm-6:00pm	<b>BJJ Adults</b> All Levels ----- 9:30am-10:30am	<b>BJJ Adults</b> All Levels ----- 6:00pm-7:30pm	<b>BJJ Adults</b> Introduction 101 ----- 6:00 to 7:00pm	<b>BJJ Kids</b> JNR 1 ----- 4:00pm-5:00pm	<b>BJJ Kids</b> JNR 2 ----- 5:00pm-6:00pm	<b>BJJ Adults</b> Women Only Beginners ----- 6:00 to 7:00pm	<b>BJJ Adults</b> All Levels ----- 7:00 to 8:30pm
		<b>BJJ Adults</b> All Levels (NO-GI) ----- 9:30am-10:30am		<b>Kickboxing</b> Adults ----- 5:00pm-6:00pm	<b>BJJ Adults</b> All Levels (NO-GI) ----- 6:00pm-7:30pm					
				<b>BJJ Adults</b> Women Only All Levels ----- 5:00-6:00pm	<b>BJJ Adults</b> Open Mat ----- 6:00pm-7:30pm					
		<b>BJJ Kids</b> JNR 1 ----- 8:45am-9:45am	<b>BJJ Kids</b> JNR 2 ----- 9:45am-10:45am	<b>BJJ Adults</b> Beginner Basics & Self Defence ----- 10:45 to 11:45am						

Booking Essential



## TIMETABLE



At Legion 13 Perth Hills in Midvale, we are constantly improving our class schedule and adding more classes.

- ✓ CLASSES 6 DAYS PER WEEK
- ✓ WEEKDAY MORNING CLASSES (9:30am)
- ✓ EARLYBIRD BJJ (6:00am)
- ✓ WOMEN ONLY BJJ (with female coaches)
- ✓ ADULT BEGINNERS PROGRAM
- ✓ INTRODUCTION 101 BJJ COURSE
- ✓ SPECIALISED BJJ SELF DEFENCE CLASSES
- ✓ GI & NOGI
- ✓ SPORT/COMPETITION
- ✓ AGE APPROPRIATE KIDS CLASSES  
(Jnr 1 = 6–8 yrs / Jnr 2 = 9–13 yrs)

