



# BRAZILIAN JIU JITSU SCHOOL TIMETABLE

WWW.BJJSCHOOL.CO.UK



• **Battersea Youth Sports Centre** - Hope street, SW11 2DA

|               | Monday     | Tuesday               | Wednesday  | Thursday   | Friday                    | Saturday             |
|---------------|------------|-----------------------|------------|------------|---------------------------|----------------------|
| 10:00 - 11:00 |            |                       |            |            |                           | Kids (4 - 6 yrs)     |
| 11:00 - 12:00 |            |                       |            |            |                           | Juniors (7 - 10 yrs) |
| 12:00 - 13:00 |            |                       |            |            |                           | Teens (11 - 15 yrs)  |
| 13:00 - 14:30 |            |                       |            |            |                           | BJJ Adults           |
| 12:00 - 13:30 | BJJ Adults |                       | BJJ Adults |            | BJJ Adults                |                      |
| 18:00 - 19:00 |            |                       |            |            | Junior-Teens<br>BJJ Squad |                      |
| 19:00 - 20:30 | BJJ Adults |                       | BJJ Adults | BJJ Adults | BJJ Adults                |                      |
| 19:00 - 20:00 |            | Woman<br>Self Defense |            |            |                           |                      |
| 20:00 - 21:00 |            | Sparring Class        |            |            |                           |                      |

• **Willesden Sports Centre** - Donnington Road, NW10 3QX

|               | Tuesday                      | Thursday                     |
|---------------|------------------------------|------------------------------|
| 15:30 - 16:15 | Kids (4 - 6 yrs)             | Kids (4 - 6 yrs)             |
| 16:15 - 17:00 | Kids & Juniors (4 - 10 yrs)  | Kids & Juniors (4 - 10 yrs)  |
| 17:00 - 17:45 | Juniors - Teens (7 - 15 yrs) | Juniors - Teens (7 - 15 yrs) |