
























myBJJ Whangarei | Current Junior Timetable

Professor James Cherrie: ☎ 020 4041 9468

Monday	Tuesday	Wednesday	Thursday
<p>4.00pm (45 mins) FUNDAMENTALS Jiu-Jitsu for Kids!</p>  <p><i>Small Kids: 5 years and older</i></p>	<p>4.00pm (45 mins) FUNDAMENTALS Jiu-Jitsu for Kids!</p>  <p><i>Small Kids: 5 years and older</i></p>	<p>4.00pm (45 mins) FUNDAMENTALS Jiu-Jitsu for Kids!</p>  <p><i>Small Kids: 5 years and older</i></p>	<p>4.00pm (45 mins) FUNDAMENTALS Jiu-Jitsu for Kids!</p>  <p><i>Small Kids: 5 years and older</i></p>
<p>5.00pm (45 mins) ADVANCED Jiu-Jitsu for Kids!</p>  <p><i>Advanced Kids 10 years and older</i></p>	<p>5.00pm (45 mins) ADVANCED Jiu-Jitsu for Kids!</p>  <p><i>Advanced Kids 10 years and older</i></p>	<p>5.00pm (45 mins) ADVANCED Jiu-Jitsu for Kids!</p>  <p><i>Advanced Kids 10 years and older</i></p>	<p>5.00pm (45 mins) ADVANCED Jiu-Jitsu for Kids!</p>  <p><i>Advanced Kids 10 years and older</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
<p>6.00am (1 hour) FUNDAMENTALS Syllabus Techniques (in traditional Gi)</p>  <p>White Belts & New Students</p>		<p>6.00am (1 hour) FUNDAMENTALS Syllabus Techniques (in traditional Gi)</p>  <p>White Belts & New Students</p>				
<p>7.00am (1 hour) STRENGTH & CONDITIONING</p>  <p>Everyone Welcome!</p>		<p>7.00am (1 hour) STRENGTH & CONDITIONING</p>  <p>Everyone Welcome!</p>				
<p>6.30pm (1 hour) FUNDAMENTALS Syllabus Techniques (in traditional Gi)</p>  <p>White Belts & New Students</p>	<p>6.30pm (1 hour) SPECIFIC DRILLS Technique Drilling</p>  <p>Everyone Welcome!</p>	<p>6.30pm (1 hour) NO-GI: FUNDAMENTALS Syllabus Techniques</p>  <p>White Belts & New Students</p>	<p>6.30pm (1 hour) SPECIFIC DRILLS Technique Drilling</p>  <p>Everyone Welcome!</p>	<p>6.30pm (2 hours) OPEN MAT Drills & Rolling</p>  <p>Everyone Welcome!</p>		
<p>7.30pm (1 hour) ADVANCED Drills & Rolling (in traditional Gi)</p>  <p>Students with 6 months experience</p>	<p>7.30pm (1 hour) OPEN MAT Drills & Rolling</p>  <p>Everyone Welcome!</p>	<p>7.30pm (1 hour) NO-GI: ADVANCED Drills & Rolling</p>  <p>Students with 6 months experience</p>	<p>7.30pm (1 hour) OPEN MAT Drills & Rolling</p>  <p>Everyone Welcome!</p>			