



# Dunedin Timetable

myBJJ Dunedin

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Monday	Wednesday	Friday	Saturday	Sunday
4.15pm (45 mins) <b>Little Kids BJJ</b> Ages 4-7	4.150pm (45 mins) <b>Little Kids BJJ</b> Ages 4-7	4.15pm (45 mins) <b>Little Kids BJJ</b> Ages 4-7	9.00am (45 mins) <b>Little Kids BJJ</b> Ages 4-7	
4.45pm (45 mins) <b>Middle Kids BJJ</b> Ages 8-11	4.45pm (45 mins) <b>Middle Kids BJJ</b> Ages 8-11	4.45pm (45 mins) <b>Middle Kids BJJ</b> Ages 8-11	9.45am (45 mins) <b>Middle Kids BJJ</b> Ages 8-11	
5.30pm (45 mins) <b>Teens BJJ</b> Ages 12-15	5.30pm (45 mins) <b>Teens BJJ</b> Ages 12-15	5.30pm (45 mins) <b>Teens BJJ</b> Ages 12-15		
5.30pm (45 mins) <b>Teens Optional</b> Ages 12-15	5.30pm (45 mins) <b>Teens Optional</b> Ages 12-15	5.30pm (45 mins) <b>Teens Optional</b> Ages 12-15		
6.15pm (1 hour) <b>Adults Jiu-Jitsu</b> Mixed Levels	6.15pm (1 hour) <b>Adults Jiu-Jitsu</b> Mixed Levels	6.15pm (1 hour) <b>Adults Jiu-Jitsu</b> Mixed Levels		6.15pm (1 hour) <b>Adults Jiu-Jitsu</b> Mixed Levels
7.15pm <b>Adults Optional</b> Mixed Levels	7.15pm <b>Adults Optional</b> Mixed Levels	7.15pm <b>Adults Optional</b> Mixed Levels		
until 8.30pm	until 8.30pm	until 8.30pm		

Optional

- ★ Striking
- ★ Kicking
- ★ MMA Basics
- ★ Drilling
- ★ Rolling