



Nelson Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00pm (1 hour) Adults Jiu-Jitsu Fundamentals	6.00pm (90 mins) Adults Jiu-Jitsu Mixed Levels	4.30pm (45 mins) Kids BJJ Ages 5-10	5.00pm (1 hour) Kids BJJ Combined Ages	4.30pm (45 mins) Kids BJJ Ages 5-10	9.00am (1 hour) Kids BJJ Combined Ages	4.00pm (90 mins) Adults Jiu-Jitsu Mixed Levels
7.00pm (1 hour) Adults No-Gi Mixed Levels	7.30pm (30 mins) Striking	5.15pm (45 mins) Kids BJJ Ages 11-16	6.00pm (90 mins) Adults Jiu-Jitsu Mixed Levels	5.15pm (45 mins) Kids BJJ Ages 11-16		
		6.00pm (1 hour) Adults Jiu-Jitsu Mixed Levels	7.30pm (30 mins) Striking	6.00pm (2 hours) Open Mat		
		7.00pm (1 hour) Adults Jiu-Jitsu Fundamentals				

Adults Mixed Level Classes require
White Belt with 2 stripes

myBJJ Nelson

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