



Whangarei Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
6.00am (1 hour) Gi Fundamentals		6.00am (1 hour) No-Gi Fundamentals		
7.00am (1 hour) Strength & Conditioning		7.00am (1 hour) Strength & Conditioning		
afternoon				
4.00pm (45 mins) Kids Fundamentals ages 5-9	4.00pm (45 mins) Kids Fundamentals ages 5-9	4.00pm (45 mins) Kids Fundamentals ages 5-9	4.00pm (45 mins) Kids Fundamentals ages 5-9	
5.00pm (45 mins) Advanced Kids Ages 10-16	5.00pm (45 mins) Advanced Kids Ages 10-16	5.00pm (45 mins) Advanced Kids Ages 10-16	5.00pm (45 mins) Advanced Kids Ages 10-16	
evening				
6.30pm (1 hour) Gi Fundamentals	6.30pm (1 hour) Specific Drilling	6.30pm (1 hour) No-Gi Fundamentals	6.30pm (1 hour) Specific Drilling	6.00pm (2 hours) Open Mat
7.30pm (1 hour) Advanced Gi	7.30pm (2 hours) Open Mat	7.30pm (1 hour) Advanced No-Gi	7.30pm (2 hours) Open Mat	

myBJJ Whangarei

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