

	Monday	Tuesday		Wednesday	Thursday		Friday			Saturday	
		Upstairs	Downstairs		Upstairs	Downstairs	Upstairs	Downstairs		Upstairs	Downstairs
9.30am									8.00am	Jujitsu (60 Minute)	Jujitsu (60 Minute)
11.30am	Little Warrior (30 Minute)										
3.30pm	Kids Jujitsu (60 Minute)	Kids Jujitsu (60 Minute)	Little Warrior (30 Minute)	Little Warrior BJJ (30 Minute) 3-6yrs	Little Warrior (30 Minute)	Kids Jujitsu (60 Minute)	Kids Jujitsu (60 Minute)	Little Warrior (30 Minute) 3-6yrs	9.00am	Little Warrior (30 Minute)	Jujitsu (60 Minute)
4.00pm			Little Warrior (30 Minute)	Little Warrior (30 Minute)	Little Warrior (30 Minute)			Little Warrior (30 Minute) 3-6yrs	9.30am	Little Warrior (30 Minute)	
4.30pm	Kids Jujitsu (60 Minute)	Kids Jujitsu (60 Minute)	Kids Kickboxing (60 Minute)	Kids Jujitsu (60 Minute)	Kids Jujitsu (60 Minute)	Little Warrior (30 Minute)	Kids Jujitsu (60 Minute)	Kids BJJ (60 Minute)	10.00am	Jujitsu (60 Minute)	Jujitsu (60 Minute)
5.00pm						Kids BJJ (60 Minute)			11.00am		Little Warrior (30 Minute)
5.30pm	Jujitsu (60 Minute)	Jujitsu (60 Minute)		Jujitsu (60 Minute)	Jujitsu (60 Minute)		Jujitsu (60 Minute)		12.00pm		Kids BJJ (60 Minute)
									1.00pm		

**JAMBOREE HEIGHTS - TIMETABLE**

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3.30pm	Kids Jujitsu (45 Minute)	Little Warriors (30 Minute)	Kids Jujitsu (45 Minute)	Little Warriors (30 Minute)	Little Warriors (30 Minute)	8.00am	Kids & Adults Jujitsu (60 Minute)
4.00pm		Kids Jujitsu (45 Minute)		Kids Jujitsu (45 Minute)	Kids Jujitsu (45 Minute)	9.00am	Little Warriors (30 Minute)
4.15pm	Little Warriors (30 Minute)		Little Warriors (30 Minute)			9.30am	Little Warriors (30 Minute)
4.45pm	Kids Jujitsu (45 Minute)	Kids Jujitsu (45 Minute)	Kids Jujitsu (45 Minute)	Kids Jujitsu (45 Minute)	Kids Jujitsu (45 Minute)	10.00am	Kids & Adults Jujitsu (60 Minute)
5.30pm	Kids & Adults Jujitsu (60 Minute)	Kids BJJ (60 Minute)	Kids Kickboxing (60 Minute)	Kids & Adults Jujitsu (60 Minute)	Kids Kickboxing (60 Minute)	11.00am	Kickboxing (60 Minute)
6.30pm	Kickboxing (60 Minute)	Kickboxing (60 Minute)	Kickboxing (60 Minute)	Kickboxing (60 Minute)			
7.30pm		BJJ (60 Minute)		BJJ (60 Minute)			

Timetable is subject to change at the end of every school term.

**Martial Arts Queensland PH:1300 766 634**  
**ADULT CLASS TIMETABLE – TOOWONG (as of January 2019)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am					<b>BJJ</b> (60 Minute-upstairs) <i>School term only</i>	
8.00am						<b>Jujitsu</b> (60 Minute-upstairs)
10.00am						<b>Jujitsu</b> (60 Minute-upstairs)
11.00am			<b>Kickboxing</b> (60 Minute-upstairs)		<b>Kickboxing</b> (60 Minute-upstairs)	<b>BJJ</b> (60 Minute-upstairs)
12.00pm	<b>Kickboxing</b> (60 Minute-upstairs)	<b>BJJ</b> (60 Minute-upstairs)	<b>BJJ-No Gi</b> (60 Minute-upstairs)	<b>BJJ-No Gi</b> (60 Minute-upstairs)	<b>BJJ</b> (60 Minute-upstairs)	<b>Kickboxing</b> (60 Minute)
1.00pm			<b>Jujitsu</b> (45 Minute-upstairs)	<b>Jujitsu</b> (45 Minute-upstairs)		
5.30pm	<b>Jujitsu</b> (60 Minute-upstairs)	<b>Jujitsu</b> (60 Minute-upstairs)	<b>Jujitsu</b> (60 Minute-upstairs)	<b>Jujitsu</b> (60 Minute-upstairs)	<b>Jujitsu</b> (60 Minute-upstairs) <b>Kickboxing</b> (60 min-downstairs)	
6.00pm		<b>Kickboxing</b> (60 min-downstairs)		<b>Kickboxing</b> (60 min-downstairs)		
6.30pm	<b>Kickboxing</b> (60 Minute-upstairs)	<b>BJJ</b> (60 Minute-upstairs)	<b>Kickboxing</b> (60 Minute-upstairs)	<b>BJJ</b> (60 Minute-upstairs)	<b>BJJ</b> (60 Minute-upstairs)	
7.00pm		<i>Kickboxing Sparring (30mins)</i>		<i>Kickboxing Sparring (30mins)</i>		
7.30pm		<b>MMA (Basics)</b> (60 min-upstairs)	<b>BJJ (Basics)</b> (60 Minute-upstairs)	<b>MMA (Basics)</b> (60 min-Downstairs) <b>Ladies BJJ</b> (60 Minute-upstairs)		

**CLASS TIMETABLE – SATELLITE SCHOOL LOCATIONS**

**Satellite Schools - School Term Only**

	Monday	Tuesday	Wednesday	Thursday	Friday
3.30-4.00pm			Little Warriors <b>Kenmore</b> (30 Minute)		
3.15-4.15pm	<b>Jujitsu</b> <b>Mt Crosby</b>	<b>Jujitsu</b> <b>Keperra</b>		<b>Jujitsu</b> <b>The Gap &amp; Wavell Heights</b>	
3.30-4.30pm			<b>Jujitsu</b> <b>Bulimba</b>	<b>Jujitsu</b> <b>Kenmore</b>	
4.00-5.00pm			<b>Jujitsu</b> <b>Kenmore</b>		
4.15-5.15pm	<b>Jujitsu</b> <b>Mt Crosby</b>			<b>Jujitsu</b> <b>The Gap</b>	
4.30-5.30pm			<b>Jujitsu</b> <b>Kenmore</b>		
5.00-5.30pm			Little Warriors <b>Kenmore</b> (30 Minute)		
5.30-6.30pm			<b>Jujitsu</b> <b>Kenmore</b>	Little Warrior <b>Kenmore</b> (30 Minute)	

Mt Crosby State School  
 Mt Crosby Road  
 St Williams Grovely  
 67 Dawson Pde, Keperra

Our Lady of the Angels  
 Warraba Ave, Wavell Heights  
 Bulimba State School  
 271 Oxford Street, Bulimba

Our Lady of the Rosary  
 1 Kenmore Road, Kenmore

St Peter Chanel Catholic  
 41 Chaprowe Rd, The Gap