

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

CLASS TIMETABLE – SATELLITE SCHOOL LOCATIONS

Satellite Schools - School Term Only

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