



MEIJI JIU-JITSU & MMA



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@MeijiMartialArts



MeijiMartialArts

	MON	TUE	WED	THUR	FRI	SAT	SUN
10:00						09:45 - 10:30 KIDS 5-8yrs	
10:30							
11:00						10:30 - 11:30 KIDS 9-14yrs	
11:30							
12:00							
12:30	12:00 - 13:30 MIXED ADULTS		12:00 - 13:30 MIXED ADULTS		12:00 - 13:30 MIXED ADULTS		
13:00							
13:30							
14:00						13:30 - 15:00 MIXED ADULTS	
14:30							
15:00							
15:30							
16:00							
16:30							
17:00	16:30 - 17:15 KIDS 5-8yrs		16:30 - 17:15 KIDS 5-8yrs				
17:30							
18:00							
18:30	18:00 - 19:00 KIDS 9-14yrs		18:00 - 19:00 KIDS 9-14yrs				
19:00							
19:30		19:00 - 20:00 BEGINNERS			19:00 - 20:00 BEGINNERS		
20:00			19:30 - 21:00 MMA	19:30 - 20:30 Gi & No Gi DRILLING			
20:30	20:00 - 21:30 ADVANCE	20:00 - 21:30 ADVANCE		20:30 - 21:30 SPARRING		20:00 - 21:30 SPARRING	
21:00							
21:30							