



CLASS TIMETABLE

Jiu jitsu, wrestling, judo and boxing for all ages in Leeming.

CLASS GUIDE

- J1

Juniors 1
Ages 3-7
- J2

Juniors 2
Ages 8-15
- J1+J2

Juniors combined
Ages 3-15
- NG

No-Gi
All levels
- GI

Gi (uniform)
Beginners & advanced
- WR

Wrestling
All levels
- BOX

Boxing
All levels
- JUDO

Judo
Teens & seniors
- OPEN

Open mat
Free training - all levels

FIRST CLASS FREE

All classes welcome complete beginners – no experience required. Book your free trial at tidycal.com/fjj

MON	TUE	WED	THU	FRI	SAT
					NO GI J1+J2 AGES 3-15 9:00 – 9:45 AM
NO GI J1 AGES 3-7 3:45 – 4:30 PM	GI J1 AGES 3-7 3:45 – 4:30 PM	GI J1 AGES 3-7 3:45 – 4:30 PM	GI J1 AGES 3-7 3:45 – 4:30 PM		OPEN MAT FREE TRAINING 10:00 – 11:30 AM
NO GI J2 AGES 8-15 4:30 – 5:15 PM	GI J2 AGES 8-15 4:30 – 5:15 PM	GI J2 AGES 8-15 4:30 – 5:15 PM	GI J2 AGES 8-15 4:30 – 5:15 PM	OPEN MAT FREE TRAINING 5:30 – 6:30 PM	
NG ALL LEVELS 5:30 – 7:00 PM	NG ALL LEVELS 5:30 – 6:30 PM	NG ALL LEVELS 5:30 – 6:30 PM	WR ALL LEVELS 5:30 – 6:30 PM	BOX ALL LEVELS 5:30 – 6:30 PM	
JUDO TEENS & SENIORS 7:30 – 8:30 PM	GI ADVANCED 6:30 – 8:00 PM	GI BEGINNERS 6:30 – 7:30 PM	GI ADVANCED 6:30 – 8:00 PM		