

BST TIMETABLE

MONDAY

17:00 - 17:45	Junior MMA (Ages 6-13)
17:00 - 18:00	Ladies Self Defence / BJJ (Free Class)
18:00 - 18:30	Judo Beginner (8-13Yrs) (Free Class)
18:30 - 20:00	Judo RED Belts (8-13Yrs) (Free Class)
18:00 - 19:00	Judo (Under 8s) (Free Class)
18:00 - 19:00	BJJ (Intermediate)
18:00 - 19:00	BJJ (Beginner)
18:00 - 19:00	BST K1/Muay Thai Striking (Beginner)
19:00 - 20:00	Judo - Yellow, Orange & Above (Free Class)
19:00 - 20:00	No-Gi (Beginners)
19:00 - 20:00	No-Gi (Intermediate)
19:00 - 20:00	Boxing (All levels)
20:00 - 22:00	MMA (Intermediate/Advanced)
20:00 - 21:30	Judo - Seniors (14Yrs & Older) (Free Class)

TUESDAY

10:30 - 12:00	Boxing (All Levels)
12:00 - 13:00	No-Gi Jiu Jitsu (All Levels)
17:00 - 17:45	Junior Brazilian Jiu Jitsu (ages 7-15) (Free Class)
17:00 - 17:45	Junior kick/Thai Boxing
18:00 - 19:00	Judo (Under 8s) (Free Class)
18:00 - 19:00	MMA (Beginner)
18:00 - 19:00	Boxing (All Levels)
18:00 - 19:00	BST K1/Muay Thai Striking Beginners
19:00 - 20:00	Judo - (Yellow, Orange & Above) (Free Class)
19:00 - 20:00	No-Gi Jiu Jitsu (Beginner)
19:00 - 20:00	No-Gi Jiu Jitsu (Intermediate)
19:00 - 20:00	K1/Muay Thai Striking (Intermediate/Advanced)
20:00 - 21:30	Judo (14Yrs - Adults/Seniors) (Free Class)
20:00 - 21:30	Olympic Wrestling
20:00 - 21:30	BJJ (All Levels)

WEDNESDAY

05:45 - 07:30	Japanese Jiu Jitsu (14Yrs & Older) (Free Class)
12:00 - 13:00	BJJ (All Levels)
17:00 - 17:45	Junior MMA (6-13Yrs)
17:30 - 19:30	Junior Olympic Wrestling
18:00 - 18:30	Judo (Beginner) (Free Class)
18:30 - 20:00	Judo - Red Belts (Free Class)
18:00 - 19:00	BJJ (Beginner)
18:00 - 19:00	BJJ (Intermediate)
18:00 - 19:00	BST K1/Muay Thai (Sparring Only)
19:00 - 20:00	No-Gi (Beginner)
19:00 - 20:00	No-Gi (Intermediate)
19.30 - 21:00	JKD Kali Stick Fighting (All Levels)
20:00 - 22:00	MMA Fighters (Intermediate/Advanced)

THURSDAY

07:00 - 08:00	Primal Yoga (Free Class)
10:30 - 12:00	Boxing (All Levels)
12:00 - 13:00	No-Gi Jiu Jitsu (All Levels)
12:00 - 13:00	BJJ (All Levels)
17:00 - 17:45	Junior BJJ (7-11Yrs) (Free Class)
17:00 - 17:45	Junior Kick/Thai Boxing
18:00 - 19:00	Judo (Under 8s) (Free Class)
18:00 - 19:00	MMA (Beginner)
18:00 - 19:00	Boxing (All Levels)
18:00 - 19:00	BST K1/Muay Thai Striking Beginners
19:00 - 20:00	Judo - Yellow, Orange & Above Belts (Free Class)
19:00 - 20:00	BST K1/Muay Thai Striking (Intermediate/Advanced)
20:00 - 21:30	Judo (14Yrs - Adults/Seniors) (Free Class)
20:00 - 21:30	Olympic Wrestling
20:00 - 21:30	BJJ (All Levels)
19:00 - 22:00	Shindo Battojutsu Kyo Kai

FRIDAY

12:00 - 13:00	BJJ (Beginners/Intermediate)
17:00 - 17:45	No-Gi JUNIORS (Free Class)
18:00 - 19:00	BJJ (Beginner)
18:00 - 19:00	BJJ (Intermediate)
18:00 - 19:00	BST K1/Muay Thai Striking (Beginners)
18:00 - 20:00	Judo Advanced ONLY (Free Class)
18:00 - 20:00	Junior Olympic Wrestling
19:00 - 20:00	No-Gi (Beginner)
19:00 - 20:00	No-Gi (Intermediate)
19:00 - 20:00	Boxing (All Levels)
20:00 - 22:00	MMA (Intermediate/Advanced)

SATURDAY

08:00 - 09:00	Primal Yoga (Free Class)
09:00 - 10.30	JKD Kali Stick Fighting
10:00 - 11:00	Taekwondo - Juniors (7-12Yrs)
10:00 - 12:00	Open Mat BJJ
11:00 - 12:30	Taekwondo - Seniors (13Yrs & Above)
13:00 - 14:00	MMA (Beginner)
14:00 - 15:00	MMA Junior (6Yrs - 13Yrs)
16:00 - 18:00	Traditional Japanese Jiu Jitsu

SUNDAY

08:00 - 10:00	Japanese Jiu Jitsu (14Yrs & Older)
11:00 - 13:00	Olympic Wrestling Juniors
13:00 - 15:00	Olympic Wrestling Adults
16:00 - 18:00	Open Mat BJJ

For more information please ask a member of staff