

2022/23 CLASS TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
	BJJ Adults Early Bird All Levels 6:00am–7:00am					
		BJJ Adults All Levels 9:30am–10:30am	BJJ Kids JNR 1 4:00pm–5:00pm			
			BJJ Kids JNR 1 5:00pm–6:00pm			
			BJJ Kids JNR 2 5:00pm–6:00pm			
			BJJ Adults Women Only Beginners 6:00 to 7:00pm			
			BJJ Adults Introduction 101 6:00 to 7:00pm			
			BJJ Adults All Levels 7:00 to 8:30pm			
				Kickboxing Adults 5:00pm–6:00pm		
				BJJ Adults All Levels (NO GI) 6:00pm–7:30pm		
					BJJ Adults Early Bird All Levels (NO GI) 6:00am–7:00am	
						BJJ Adults Women Only All Levels 5:00–6:00pm
						BJJ Adults Drill for Skill & Rolls 6:00pm–7:00pm
						BJJ Adults Q&A plus Open Mat 7:00pm–7:30pm
						BJJ Kids JNR 1 8:45am–9:45am
						BJJ Kids JNR 2 9:45am–10:45am
						BJJ Adults Beginner Basics & Self Defence 10:45 to 11:45am

No stripe white belts available only

Uniform GI/NO-GI to be changed seasonally



TIMETABLE



At Legion 13 Perth Hills in Midvale, we are constantly improving our class schedule and adding more classes.

- ✓ CLASSES 6 DAYS PER WEEK
- ✓ WEEKDAY MORNING CLASSES (9:30am)
- ✓ EARLYBIRD BJJ (6:00am)
- ✓ WOMEN ONLY BJJ (with female coaches)
- ✓ ADULT BEGINNERS PROGRAM
- ✓ INTRODUCTION 101 BJJ COURSE
- ✓ SPECIALISED BJJ SELF DEFENCE CLASSES
- ✓ GI & NOGI
- ✓ SPORT/COMPETITION
- ✓ AGE APPROPRIATE KIDS CLASSES
(Jnr 1 = 6–8 yrs / Jnr 2 = 9–13 yrs)

