



# GameFight Leeds

## BJJ Adult Training Timetable



	7 - 8 AM	12 - 1:30 PM	6 - 7 PM	7 - 8 PM	8 - 9:15 PM
Monday	BJJ	BJJ	MMA	BJJ Fundamentals	Submission Grappling
Tuesday	BJJ	BJJ	MMA Fundamentals	BJJ Fundamentals	BJJ
Wednesday	Submission Grappling	BJJ	MMA	BJJ Fundamentals	BJJ
Thursday	BJJ	Open Mat BJJ	MMA Fundamentals	BJJ Fundamentals	Submission Grappling
Friday	BJJ	BJJ	Submission Grappling Fundamentals	Judo 7-8:30 PM	
Saturday		MMA 12-2 PM			
Sunday		Open Mat BJJ 12-2 PM			