

TIMETABLE

With adults and kids' classes spread across six days a week, we have a class that's sure to suit everyone. Check out our timetable to find the best time for you!

LEVELS

KITS (4-7 YEARS)

Our Kits class focuses on developing the foundational movements of jiu jitsu through fun games and drills. Kits develop their coordination, spatial awareness and resilience in a fun and safe environment. Whilst providing a physical outlet, our kits class also helps to develop social skills such as cooperation, patience and persistence.

FOXES (8-15 YEARS)

Our Foxes develop on the fundamental skills taught in the kits class, furthering their knowledge and understanding of the basics of jiu jitsu. Foxes develop their problem-solving skills as they progress to more complex movement patterns with the support of their coaches and peers.

ADULT ALL LEVELS

PRIVATE OR GROUP CLASSES

Available upon request, contact us to find out more.
goldenfoxbjj@gmail.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						9:00AM-9:30AM NO-GI BJJ
10:00						9:45AM-10:30AM NO-GI BJJ
11:00						10:30AM-11:30AM NO-GI BJJ
12:00			12:00PM-12:30PM TAKEDOWNS & WRESTLING		12:00PM-12:30PM TAKEDOWNS & WRESTLING	
1:00			12:30PM-1:30PM NO-GI BJJ		12:30PM-1:30PM BJJ	
2:00						
3:00						
4:00	3:30PM-4:00PM NO-GI BJJ	3:30PM-4:15PM BJJ	3:30PM-4:00PM NO-GI BJJ	3:30PM-4:00PM BJJ	3:30PM-4:15PM BJJ	
	4:10PM-4:40PM NO-GI BJJ	4:20PM-4:50PM BJJ	4:10PM-4:40PM NO-GI BJJ	4:00PM-4:45PM BJJ	4:30PM-5:00PM BJJ	
5:00	4:45PM-5:30PM NO-GI BJJ	5:00PM-5:45PM BJJ	4:45PM-5:30PM NO-GI BJJ	4:45PM-5:30PM BJJ	5:00PM-6:00PM BJJ	
	5:30PM-6:00PM KIDS COMP CLASS			5:30PM-6:00PM KIDS COMP CLASS		
6:00	6:00PM-7:00PM INTRO NO-GI BJJ	6:00PM-7:00PM BJJ	5:45PM-6:30PM TAKEDOWNS & WRESTLING	6:00PM-7:00PM BJJ		
			6:30PM-7:30PM NO-GI BJJ			
7:00	7:00PM-8:00PM OPEN MAT	7:00PM-8:00PM OPEN MAT	7:30PM-8:00PM OPEN MAT	7:00PM-8:00PM OPEN MAT		