

ARCH



Full Timetable at Arch Martial Arts						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00-09:00					Strength and Conditioning for BJJ	
10:30-11:30						Hybrid Krav Maga
11:30-12:30						Kids Class Ages 4-7 (11:30-12:00)
						Kids Class Ages 8-12 (12:00-12:45)
12:30-13:30						
13:30-14:30						No Gi BJJ (12:45-14:15)
16:30-17:30						
	Kids Class Ages 4-7 (17:15-17:45)			Kids Class Ages 4-7 (17:15-17:45)		
17:30-18:30	Kids Class Ages 8-12 (17:45-18:30)	No Gi BJJ		Kids Class Ages 8-12 (17:45-18:30)	No Gi BJJ	
18:30-19:30	Judo	Hybrid Krav Maga	MMA Striking	Hybrid Krav Maga		
					Wrestling	
19:30-20:30	No Gi BJJ Sparring		Wrestling	MMA Grappling		
20:30-21:30	MMA		No Gi BJJ	No Gi BJJ		

Mixed Martial Arts Timetable					
	Monday	Tuesday	Wednesday	Thursday	Friday
1730-1830		No Gi BJJ			
18:30-19:30			MMA Striking		No Gi BJJ
19:30-20:30	No Gi BJJ		Wrestling	MMA Grappling	Wrestling
20:30-21:30	MMA			No Gi BJJ	

10th Planet Bath BJJ Timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00-09:00					Strength and Conditioning for BJJ	
12:45-14:15						No Gi BJJ (12:45-14:15)
17:30-18:30		No Gi BJJ				
18:30-19:30	Judo				No Gi BJJ	
19:30-20:30	No Gi BJJ Sparring		Wrestling		Wrestling	
20:30-21:30			No Gi BJJ	No Gi BJJ		

Hybrid Krav Maga Timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30-11:30						Hybrid Krav Maga
1730-1830						
18:30-19:30	Judo	Hybrid Krav Maga	MMA Striking	Hybrid Krav Maga	No Gi BJJ	
19:30-20:30	No Gi BJJ		Wrestling	MMA Grappling	Wrestling	
20:30-21:30						

Kids Timetable			
	Monday	Thursday	Saturday
11:30 - 12:00			Kids Class Ages 4-7
12:00 - 12:45			Kids Class Ages 8-12
17:15 - 17:45	Kids Class Ages 4-7	Kids Class Ages 4-7	
17:45 - 18:30	Kids Class Ages 8-12	Kids Class Ages 8-12	