

ARCH

MARTIAL ARTS

SELF DEFENCE



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 - Ages 4-7 (11:30-12:00)
12:30-13:30						Kids - Ages 8-12 (12:00-12:45)
13:30-14:30						No Gi BJJ (12:45-14:15)
16:30-17:30						
17:30-18:30	Kids - Ages 4-7 (17:15-17:45)	No Gi BJJ		Kids - Ages 4-7 (17:15-17:45)		
18:30-19:30	Judo	Hybrid Krav Maga	MMA Striking	Hybrid Krav Maga	No Gi BJJ 10P Warm Ups (18:00-18:45) Sparring (18:45-19:15)	
19:30-20:30	No Gi BJJ Sparring	MMA Sparring	Wrestling	MMA Grappling		
20:30-21:30	MMA		No Gi BJJ	No Gi BJJ		

Mixed Martial Arts Timetable					
	Monday	Tuesday	Wednesday	Thursday	Friday
18:30-19:30			MMA Striking		
19:30-20:30	No Gi BJJ	MMA Sparring	Wrestling	MMA Grappling	No Gi BJJ 10P Warm Ups (18:00-18:45) Sparring (18:45-19:15)
20:30-21:30	MMA			No Gi BJJ	

No Gi BJJ Timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00-09:00				Strength and Conditioning for BJJ		
12:30-13:30						
13:30-14:30						No Gi BJJ (12:45-14:15)
17:30-18:30		No Gi BJJ				
18:30-19:30	Judo				No Gi BJJ 10P Warm Ups (18:00-18:45) Sparring (18:45-19:15)	
19:30-20:30	No Gi BJJ Sparring		Wrestling			
20:30-21:30			No Gi BJJ	No Gi BJJ		

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