

ARCH

MARTIAL ARTS

SELF DEFENCE



Full Timetable at Arch Martial Arts						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00-08:00		No Gi BJJ	No Gi BJJ			
08:00-09:00			Strength and Conditioning (0820-0920)	No Gi BJJ Fundamentals		
09:00-10:00					No Gi BJJ	
10:00-11:30						Krav Maga Graduate Class P4+
11:30-12:30						Kids & Teens Class
17:30-18:30	Kids & Teens Class		Kids & Teens Class	Kids and Teens No Gi BJJ		
18:30-19:30	No Gi Judo		Wrestling	Krav Maga	No Gi BJJ	
19:30-20:30	No Gi BJJ	Krav Maga	No Gi BJJ	MMA	Kickboxing	
20:30-21:30	MMA		Kickboxing	No Gi BJJ		

Martial Arts Programme at Arch Martial Arts					
	Monday	Tuesday	Wednesday	Thursday	Friday
08:00-09:00			Strength and Conditioning (0820-0920)	No Gi BJJ Fundamentals	
09:00-10:00					
18:30-19:30	No Gi Judo		Wrestling		
19:30-20:30	No Gi BJJ		No Gi BJJ	Mixed Martial Arts	Kickboxing
20:30-21:30	Mixed Martial Arts		Kickboxing		

No Gi BJJ Programme at Arch Martial Arts					
	Monday	Tuesday	Wednesday	Thursday	Friday
07:00-08:00		No Gi BJJ	No Gi BJJ		
08:00-09:00			Strength and Conditioning (0820-0920)	No Gi BJJ Fundamentals	
09:00-10:00					No Gi BJJ
10:00-11:00					
18:30-19:30	No Gi Judo		Wrestling		No Gi BJJ
19:30-20:30	No Gi BJJ		No Gi BJJ		
20:30-21:30				No Gi BJJ	

Self-Defence Programme at Arch Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00-09:00			Strength and Conditioning (0820-0920)	No Gi BJJ Fundamentals	
09:00-10:00					
18:30-19:30	No Gi Judo		Wrestling	Krav Maga	
19:30-20:30	No Gi BJJ	Krav Maga	No Gi BJJ		Kickboxing
20:30-21:30			Kickboxing		

Kids Programme at Arch Martial Arts

	Monday	Wednesday	Thursday	Saturday
11:30-12:30				Kids & Teens Class
17:30-18:30	Kids & Teens Class	Kids & Teens Class	Kids and Teens No Gi BJJ	