

# BJJ & MMA SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat
06h00	LADIES AND GENTS <b>GI</b>	LADIES AND GENTS <b>NO GI</b>	LADIES AND GENTS <b>GI</b>	LADIES AND GENTS <b>NO GI</b>	LADIES AND GENTS <b>GI</b>	
07h00					INTRO TO BJJ - <b>FREE</b>	
09h00						KIDS BJJ
10h00						<b>OPEN MAT (FAMOUS)</b>
12h00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
16h00	KIDS BJJ	KIDS MMA	KIDS BJJ	KIDS MMA		
17h00	MUAY THAI (UNTIL 6PM)	MMA	MUAY THAI (UNTIL 6PM)	MMA	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">APEX</h2> <p style="margin: 0;">BOXING   BRAZILIAN JIU JITSU</p> </div> <p style="margin: 10px 0 0 0;">BRAZILIAN JIU-JITSU, MUAY THAI AND MMA SCHEDULE</p> <p style="margin: 0 0 0 0;">ENQUIRIES: 083 788 2778</p>	
17h30	LADIES AND GENTS <b>GI</b>		LADIES AND GENTS <b>NO GI</b>	LADIES AND GENTS <b>NO GI</b>		
18h00			LADIES AND GENTS <b>NO GI</b>	LADIES AND GENTS <b>NO GI</b>		