



STRUCTURED SYLLABUS | SPECIFIC LESSON PLANS
 DEVELOP YOUR CONFIDENCE & ABILITY
 TO DEFEND YOURSELF
 10 DAYS FREE TRAINING inc Uniform HIRE



ALBION DOJO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
		OPEN		OPEN
		11:30AM		11:30AM
		Gracie Jiu Jitsu Fundamentals (NoGi) 11-12pm		Gracie Jiu Jitsu Fundamentals (Gi) 11-12pm
OPEN	OPEN	OPEN	OPEN	
3:30pm	3:30pm	3:30pm	3:30pm	
Gracie Jiu Jitsu Beginners (Gi) 6-7pm	Gracie Girls (Gi) 6-7pm	Gracie Jiu Jitsu Beginners (Gi) 6-7pm	Gracie Jiu Jitsu Drilling (Gi & NoGi) 6-7pm	
Gracie Jiu Jitsu Advanced (Gi) 7-8pm	Gracie Jiu Jitsu Fundamentals (Gi) 7-8pm	Gracie Jiu Jitsu Advanced (NoGi) 7-8pm	Gracie Jiu Jitsu Fundamentals (NoGi) 7-8pm	
CLOSED	CLOSED	CLOSED	CLOSED	

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