



MALDIVES



MARTIAL ARTS - RED MAT

Time	Suitable for	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 AM	Adults	MMA Conditioning	Functional Movement	X	Self Defence	Functional Movement	MMA Conditioning	Self Defence
10:30 AM	Kids	BJJ (GI)	Kickboxing	X	Movement Flow	BJJ (no GI)	Kickboxing	Movement Flow
03:00 PM	All Ages & Families	Private Classes						
04:00 PM	Teenagers & Adults	Kickboxing	Beginner BJJ (GI)	X	Kickboxing	Beginner BJJ (no GI)	X	Beginner BJJ (GI)
06:30 PM	Adults	Advanced Brazilian Jiu Jitsu (Daily)						

*BJJ: Brazilian Jiu Jitsu

*GI: Traditional Brazilian Jiu Jitsu Uniform

*GIs are provided if you choose not to bring your own.

*Complimentary GI laundry service if you bring your own.