BALI MMA

GRAPPLING TRAINING

	MON	TUE	WED	THU	FRI	SAT	SUN
10:30 - 12:00	BJJ GI ALL LEVELS	BJJ GI ALL LEVELS	BJJ GI ALL LEVELS	BJJ GI ALL LEVELS	BJJ GI ALL LEVELS	BJJ GI ALL LEVELS	10:30 - 12:00 BJJ OPEN ROLL GI & NO-GI
15:00 - 16:00	BJJ NO-GI ALL LEVELS		BJJ NO-GI ALL LEVELS		BJJ NO-GI ALL LEVELS		
17:00 - 18:30	BJJ GI FUNDAMENTALS	BJJ NO-GI ALL LEVELS	BJJ GI FUNDAMENTALS	BJJ NO-GI ALL LEVELS	BJJ GI FUNDAMENTALS		

OPEN GYM HOURS

MONDAY - FRIDAY 07:00 - 19:00

SATURDAY & SUNDAY 08:00 - 12:00