



**NEW ACADEMY: GRAND OPENING - SATURDAY 4TH FEBRUARY 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
		7:00 - 8:00am <b>Fighting Fit</b>		7:00 - 8:00am <b>Fighting Fit</b>	9:30 - 10:15am <b>Parent and Child Class</b>
	12:30 - 1:30pm <b>Brazilian Jiu-Jitsu Fundamentals / Advanced</b>	12:30 - 1:30pm <b>Brazilian Jiu-Jitsu Fundamentals / Advanced</b>	12:30 - 1:30pm <b>Brazilian Jiu-Jitsu Fundamentals / Advanced</b>		10:30 - 11:30am <b>Brazilian Jiu-Jitsu No-Gi</b>
					11:30am - 12:00pm <b>No-Gi Grappling Open Mat</b>
3:30 - 4:00pm <b>Pythons</b> (6-8 years)	3:30 - 4:00pm <b>Koalas</b> (3-5 years)	3:30 - 4:00pm <b>Koalas - BullySTOP!</b> (3-5 years)	3:30 - 4:00pm <b>Pythons</b> (6-8 years)	3:30 - 4:00pm <b>Koalas</b> (3-5 years)	
4:00 - 4:45pm <b>Scorpions</b> (9-11 years)	4:00 - 4:30pm <b>Pythons</b> (6-8 years)	4:00 - 4:30pm <b>Pythons - BullySTOP!</b> (6-8 years)	4:00 - 4:45pm <b>Scorpions</b> (9-11 years)	4:00 - 4:30pm <b>Pythons</b> (6-8 years)	
4:45 - 5:30pm <b>Junior Tournament Team</b> (9yrs and above - extra class)	4:30 - 5:15pm <b>Scorpions</b> (9-11 years)	4:30 - 5:15pm <b>Scorpions - BullySTOP!</b> (9-11 years)	4:45 - 5:30pm <b>Junior Tournament Team</b> (9yrs and above - extra class)	4:30 - 5:15pm <b>Scorpions</b> (9-11 years)	
5:30 - 6:15pm <b>Tiger Sharks</b> (12-15 years)	5:30 - 6:15pm <b>Tiger Sharks</b> (12-15 years)	5:30 - 6:30pm <b>Brazilian Jiu-Jitsu Over 35 years</b>	5:30 - 6:15pm <b>Tiger Sharks</b> (12-15 years)	5:30 - 6:30pm <b>Brazilian Jiu-Jitsu Fundamentals / Advanced</b>	
6:30 - 7:30pm <b>Brazilian Jiu-Jitsu Over 35 years</b>	6:30 - 7:30pm <b>Fighting Fit</b>	6:30 - 7:30pm <b>Brazilian Jiu-Jitsu Fundamentals</b>	6:30 - 7:30pm <b>Fighting Fit</b>	6:30 - 7:00pm <b>BJJ Open Mat</b>	
7:30 - 8:30pm <b>Brazilian Jiu-Jitsu Fundamentals</b>	7:30 - 8:30pm <b>Brazilian Jiu-Jitsu No-Gi</b>	7:30 - 8:30pm <b>Brazilian Jiu-Jitsu Advanced</b>	7:30 - 8:30pm <b>Brazilian Jiu-Jitsu Fundamentals</b>		
8:30 - 9:00pm <b>BJJ Open Mat</b>	8:30 - 9:00pm <b>No-Gi Grappling Open Mat</b>	8:30 - 9:00pm <b>BJJ Open Mat</b>	8:30 - 9:00pm <b>BJJ Open Mat</b>		

**Welcome to Ground Control - the ONLY real Brazilian Jiu-Jitsu Academy in Noosa!**