

ARCH

MARTIAL ARTS

SELF DEFENCE



Full Timetable at Arch Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00-08:00		No Gi BJJ	No Gi BJJ		No Gi BJJ Fundamentals	
08:00-09:00				Strength and Conditioning		
09:00-10:00						
10:30-11:30						Krav Maga
11:30-12:30						Kids & Teens Class
17:30-18:30	Kids & Teens Class		Kids & Teens Class			
18:30-19:30	No Gi Judo		Wrestling	Krav Maga	No Gi BJJ	
19:30-20:30	No Gi BJJ	Krav Maga	No Gi BJJ	MMA		
20:30-21:30	MMA		MMA Kickboxing	No Gi BJJ		

Martial Arts Programme at Arch Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00-08:00					No Gi BJJ Fundamentals
08:00-09:00				Strength and Conditioning	
18:30-19:30	No Gi Judo		Wrestling		No Gi BJJ
19:30-20:30	No Gi BJJ		No Gi BJJ	MMA	
20:30-21:30	MMA		MMA Kickboxing		

No Gi BJJ Programme at Arch Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00-08:00		No Gi BJJ	No Gi BJJ		No Gi BJJ Fundamentals
08:00-09:00				Strength and Conditioning	
18:30-19:30	No Gi Judo		Wrestling		No Gi BJJ
19:30-20:30	No Gi BJJ		No Gi BJJ		
20:30-21:30				No Gi BJJ	

Self-Defence Programme at Arch Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00-08:00					No Gi BJJ Fundamentals	
08:00-09:00				Strength and Conditioning		
10:30-11:30						Krav Maga
18:30-19:30	No Gi Judo		Wrestling	Krav Maga		
19:30-20:30	No Gi BJJ	Krav Maga	No Gi BJJ	MMA		
20:30-21:30			MMA Kickboxing			

Kids Programme at Arch Martial Arts

	Monday	Wednesday	Saturday
11:30-12:30			Kids & Teens Class
17:30-18:30	Kids & Teens Class	Kids & Teens Class	