

Class timetable.

BJJ / KICKBOXING / MMA / KIDS

TRAINING ALL WEEK

Updated 30 September 2026

24-hour times / Lancaster

Monday

01

- 16:30 - 17:30** **Advanced Junior Gi BJJ**
Ages 9-14
- 18:00 - 19:00** **Gi BJJ**
- 19:30 - 20:30** **Kickboxing**

Tuesday

02

- 16:30 - 17:30** **Junior Kickboxing**
Ages 9-14
- 18:00 - 19:00** **No-Gi BJJ**
- 19:00 - 21:00** **Open Mat**
Not a free taster class

Wednesday

03

- 16:30 - 17:30** **Junior MMA**
Ages 9-14
- 18:00 - 19:00** **MMA**
- 19:30 - 20:30** **Gi BJJ**

Thursday

04

- 16:30 - 17:30** **Junior Gi BJJ**
Ages 9-14
- 18:00 - 19:00** **Kickboxing**
- 19:30 - 20:30** **No-Gi BJJ**

Friday

05

- 18:00 - 19:00** **Gi BJJ**
- 19:30 - 20:30** **Kickboxing**

Saturday

06

- 09:00 - 10:00** **Kids MMA**
Ages 3-5
- 10:00 - 11:00** **Kids MMA**
Ages 6-8
- 11:00 - 12:00** **Junior Gi BJJ**
Ages 9-14
- 12:30 - 13:30** **Beginner BJJ (No-Gi)**
- 14:00 - 16:00** **Kickboxing / MMA**
Competition preparation
For competitors

Sunday

07

- 12:00 - 13:00** **Grips and Reps**
Gi BJJ competition preparation
- 13:00 - 15:00** **Open Mat**
Not a free taster class

BEFORE YOU TRAIN

Your first class.

Free tasters must be booked in advance and taken in a class. Open mats are not included.

Gi rental is £5. Let the team know if you need one.

For advanced or competition sessions, check with the team before attending.