

	Time	Cage	Mats	Floor
Mon 1	12.00-13.30	MMA202	Nogi102	Standup102
Mon 2	19.00-20.30	MMA202	Gi202	Standup102
Tue 1	11.00-12.30	MMA102A1	Nogi102	Standup202
Tue 2	18.00-19.30	MMA202	Nogi202	Standup102
Wed 1	11.00-12.00	Rehab101	Rehab101	-
Wed 2	12.30-13.30	-	SportPsych101	SportPsych101
Thu 1	12.00-13.30	MMA202	Gi202	Standup102
Thu 2	19.00-20.30	MMA202	Nogi202	Standup102
Fri 1	12.00-13.30	MMA102A2	Nogi102	Standup202
Fri 2	19.00-21.00	MMA102B1	Nogi202	Standup102
Sat 1	11.00-12.30	MMA102B2	Gi202	Standup102
Sat 2	13.00-14.00	Rehab101	Rehab101	-
Sat 3	14.30-15.30	-	SportPsych101	SportPsych101
Sun 1	12.00-13.30	MMA102C1	Nogi202	Standup102
Sun 2	17.00-18.30	MMA102C2	Gi202	Standup102

NB! Please pay attention in which group you are.

MMA 2 - please take part in all MMA202 classes. Outside of those - free to choose.

Gi - please take part in all gi classes available

MMA (A, B, C) - please take part in **both** according cage training sessions. Outside of those - free to

MMA (A, B, C) & Nogi/Standup - please consider if you will train mostly "level" (102/202) or subject
 Rehab and SportPsych workshops Wed / Sat are **different** in content!

o choose.
t (nogi/standup)