



RMNU IRELAND
BJJ ACADEMY
51 MALLUSK ROAD
NEWTOWNABBEY
BT36 4PX

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
06:15	All Levels Gi			All Levels Gi	OPEN MAT		
07:00							
08:00							
09:00							
10:00						Kids Age 6 - 12	(NEW) Yoga 4 BJJ
11:00						Junior Age 12 - 16	OPEN MAT
12:00	All Levels Gi	All Levels No-Gi	All Levels Gi	All Levels No-Gi	All Levels Gi	OPEN MAT	
13:00							
14:00							
15:00							
16:00		Kids Judo Age 5-8 3:45 - 4:30		Kids Age 6 - 12 4:30 - 5:15			
17:00		Kids Judo Age 9-14 4:30 - 5:30		Junior/Teen Age 12 - 16 5:15 - 6:00			
18:00	Fundamentals	Adults Judo Kookateki	(NEW) Wrestling	Fundamentals	All Levels Gi		
19:00	All Levels Gi	(New) Wrestling	All Levels Gi	All Levels No - Gi			
20:00							