

# BOXING WORKS GRAPPLING TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30AM		<i>GRAPPLING</i> General training		<i>GRAPPLING</i> General training		Introduction to <i>BRAZILIAN</i> <i>JIU JITSU</i> 10:00 – 11:30am
4:00PM	<i>WRESTLING</i> for MMA		<i>WRESTLING</i> for MMA			
6:00PM		<i>Wrestling</i> Foundation		<i>TSD</i> Foundation*	<i>BJJ</i> <i>OPEN MAT</i> 6:00 - 7:00PM	
6:30PM	<i>BJJ</i> General Training		<i>BJJ</i> General training	<i>BJJ</i> General Training		
7:00PM		<i>TSD</i> Advanced				

\* Foundation classes are suitable for beginners

## CLASS DESCRIPTIONS

**INTRODUCTION TO BJJ-BRAZILIAN JIU JITSU:** A 4 week program covering fundamental Jiu Jitsu attack and defence techniques

**BJJ-BRAZILIAN JIUJITSU:** A form of Jiu-Jitsu developed in Brazil. This is a great class for anyone looking for a challenging martial art, which offers the opportunity to learn and compete.

**T.S.D.-JUJUTSU:** Total **S**elf **D**efence, using the best techniques and strategies of traditional and modern martial arts. This class concentrates on realistic, reliable and retainable technique to be used in every day situations.

**GRAPPLING:** Combines the techniques of Freestyle and Greco Roman Wrestling and Brazilian Jiu-Jitsu to create this powerful form of submission wrestling.