



BRAZILIAN JIU-JITSU
& SUBMISSION
GRAPPLING



CLASS TIMETABLE



MONDAY

GI KIDS BJJ
GI ALL LEVELS

5:00PM
7:30PM

TUESDAY

NOGI BJJ FUNDAMENTALS 6:30PM
NOGI ALL LEVELS 7:30PM

WEDNESDAY

NOGI KIDS BJJ 5:00PM
GI ALL LEVELS 7:30PM

THURSDAY

NOGI BJJ FUNDAMENTALS 6:30PM
NOGI ALL LEVELS 7:30PM

SATURDAY

GI ALL LEVELS 10:00AM



FOUNDRY GRAPPLING
18 UNION ST, ROYTON,
OLDHAM, OL2 5JD