



CLASS SCHEDULE (AL-GHARAFA)

| | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--------------------------------------|----------------------------------|----------------------------------|--------------------------------------|----------------------------------|----------------------------------|------------|
| 09:00 AM - 10:00 AM | | | | | | | OFF |
| 10:00 AM - 11:00 AM | | | | | | | |
| 11:00 AM - 12:00 PM | | | | | | | |
| 12:00 PM - 01:00 PM | | | | | | | |
| 01:00 PM - 02:00 PM | | | | | | | |
| 02:00 PM - 03:00 PM | | | | | | | |
| 03:00 PM - 04:00 PM | BJJ (3:00 - 4:00 PM) | | | | | | |
| 04:00 PM - 05:00 PM | | | | | | | |
| 05:00 PM - 06:00 PM | BJJ Ladies/Girls (5:00 - 6:00 PM) | BJJ 2 - Boys (5:00 - 6:00 PM) | BJJ 1 - Boys (5:00 - 6:00 PM) | BJJ Ladies/Girls (5:00 - 6:00 PM) | BJJ 1 - Boys (5:00 - 6:00 PM) | BJJ 2 - Boys (5:00 - 6:00 PM) | |
| 06:00 PM - 07:00 PM | TIME BOOKED FOR LADIES | | | TIME BOOKED FOR LADIES | | | |
| 07:00 PM - 08:00 PM | | No-Gi BJJ (7:00 - 8:00 PM) | BJJ (7:00 - 8:00 PM) | | BJJ (7:00 - 8:00 PM) | No-Gi BJJ (7:00 - 8:00 PM) | |
| 08:00 PM - 09:00 PM | | | | | | | |
| 09:00 PM - 10:00 PM | | | | | | | |