



RMNU IRELAND  
BJJ ACADEMY  
51 MALLUSK ROAD  
NEWTOWNABBEY  
BT36 4PX

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|       | Mon                  | Tues                | Wed                  | Thurs                 | Fri              | Sat                  | Sun      |
|-------|----------------------|---------------------|----------------------|-----------------------|------------------|----------------------|----------|
| 09:00 |                      |                     |                      |                       |                  |                      |          |
| 10:00 |                      |                     |                      |                       |                  | Kids<br>Age 6 - 8    |          |
| 11:00 |                      |                     |                      |                       |                  | Junior<br>Age 9 - 14 | Open Mat |
| 12:00 | All Levels<br>Gi     | All Levels<br>No-Gi | All Levels<br>Gi     | All Levels<br>No-Gi   | All Levels<br>Gi | All Levels<br>No-Gi  |          |
| 13:00 |                      |                     |                      |                       |                  |                      |          |
| 14:00 |                      |                     |                      |                       |                  |                      |          |
| 15:00 |                      |                     |                      |                       |                  |                      |          |
| 16:00 |                      |                     |                      |                       |                  |                      |          |
| 17:00 | Junior<br>Age 9 - 14 |                     |                      |                       |                  |                      |          |
| 18:00 | Beginners<br>Course  | Wrestling           |                      | Beginners<br>Course   |                  |                      |          |
| 19:00 | All Levels<br>Gi     | Ladies Gi<br>Class  | All Levels<br>Gi     | All Levels<br>No - Gi | All Levels<br>Gi |                      |          |
| 20:00 |                      |                     | Competition<br>Class |                       |                  |                      |          |