

# GENESIS GYM // RGA MARLOW TIMETABLE

Autumn Timetable from 5th Sept 2022

DAY	CLASS	TIME	AGE
MONDAY	LUNCHTIME BRAZILIAN JIU-JITSU	12:30-13:30	14YRS +
	RGA KIDS JIU-JITSU	16:00-16:30	4.5-6YRS
	RGA YOUTH JIU-JITSU (WHITE BELT)	16:45-17:25	7-10YRS
	RGA TEENS JIU-JITSU (ALL GREY BELTS INVITED)	17:30-18:15	11-15YRS
	BRAZILIAN JIU-JITSU FUNDAMENTALS	18:30-19:30	14YRS+
	BRAZILIAN JIU-JITSU (ALL GRADES)	19:45-21:00	14YRS+
TUESDAY	BRAZILIAN JIU-JITSU	7:00-8:00	14YRS +
	OPEN MAT	12:00-13:00	14YRS +
	LUNCHTIME KICKBOXING	13:00-13:45	14YRS +
	GENESIS KIDS KICKBOXING	16:00-16:30	4.5-8YRS
	GENESIS YOUTH KICKBOXING	16:45-17:30	8-13YRS
	KICKBOXING COMPETITION TEAM TRAINING	17:35-18:15	MIXED
	KICKBOXING SESSION (TECHNICAL & BELT SYLLABUS)	18:30-19:30	14YRS+
	KICKBOXING SESSION (PADWORK & SPARRING)	19:45-21:00	14YRS+
WEDNESDAY	LUNCHTIME NO-GI BRAZILIAN JIU-JITSU	12:30-13:30	14YRS +
	RGA KIDS JIU-JITSU	16:00-16:30	4.5-6YRS
	RGA YOUTH JIU-JITSU (WHITE BELT)	16:45-17:25	7-10YRS
	RGA TEENS JIU-JITSU (ALL GREY BELTS INVITED)	17:30-18:15	11-15YRS
	BRAZILIAN JIU-JITSU (ALL GRADES)	18:30-19:30	14YRS+
	NO-GI BRAZILIAN JIU-JITSU (ALL GRADES)	19:45-21:00	14YRS+
THURSDAY	BRAZILIAN JIU-JITSU	7:00-8:00	14YRS +
	OPEN MAT	12:00-13:00	14YRS +
	LUNCHTIME KICKBOXING	13:00-13:45	14YRS +
	GENESIS KIDS KICKBOXING	16:00-16:30	4.5-8YRS
	GENESIS YOUTH KICKBOXING (ALL GRADES)	16:45-17:30	8-13YRS
	GENESIS YOUTH ADVANCED KICKBOXING (YELLOW GRADE PLUS)	17:35-18:15	8-15YRS
	KICKBOXING (TECHNICAL & BELT SYLLABUS)	18:30-19:30	14YRS+
	KICKBOXING / MMA	19:45-21:00	14YRS+
FRIDAY	LUNCHTIME BRAZILIAN JIU-JITSU	12:30-13:30	14YRS +
	GENESIS KIDS KICKBOXING	16:00-16:30	4.5-8YRS
	GENESIS YOUTH KICKBOXING (ALL GRADES)	17:00-17:45	8-13YRS
	KICKBOXING COMPETITION SPARRING	18:00-19:15	MIXED
SATURDAY	KICKBOXING	9:00-9:45	10YRS +
	BRAZILIAN JIU-JITSU (ALL GRADES)	10:00-11:00	14YRS +
	BRAZILIAN JIU-JITSU SPARRING	11:00-11:45	14YRS +
	RGA YOUTH JIU-JITSU (ALL GRADES)	12:00-13:00	7-15YRS
SUNDAY	KICKBOXING COMPETITION TRAINING	9:00-10:00	INVITE ONLY
	NO-GI BJJ - LEG LOCKS	10:15-11:30	14YRS +
	OPEN MAT	11:30-12:00	14YRS +



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