

KATONG SCHEDULE

2026 WEEKLY CLASS TIMETABLE



MON	TUE	WED	THU	FRI	SAT	SUN
BJJ 7:00 - 8:00 am	BJJ 7:00 - 8:00 am	No-Gi 7:00 - 8:00 am	BJJ 7:00 - 8:00 am	BJJ 7:00 - 8:00 am	NO SCHEDULED CLASSES	Kids BJJ (Ages 6-12) 9:30 - 10:30 am
BJJ 12:00 - 1:30 pm	Babybolos BJJ (Ages 4-6) 4:00 - 5:00 pm	No-Gi 12:00 - 1:30 pm	Kids BJJ (Ages 6-12) 4:00 - 5:00 pm	BJJ 12:00 - 1:30 pm		Babybolos BJJ (Ages 4-6) 10:30 - 11:15 am
Kids BJJ (Ages 6-12) 4:00 - 5:00 pm	Kids BJJ (Ages 6-12) 5:00 - 6:00 pm	Kids BJJ (Ages 6-12) 4:00 - 5:00 pm	Babybolos BJJ (Ages 4-6) 5:00 - 6:00 pm	Kids BJJ (Ages 6-12) 4:00 - 5:00 pm		Open Mat 12:00 - 1:00 pm
Kids Wrestling / No-Gi 5:00 - 6:00 pm	Kids BJJ (Ages 6-12) 6:00 - 7:00 pm	Babybolos BJJ (Ages 4-6) 5:00 - 6:00 pm	Kids BJJ (Ages 6-12) - Advanced 6:00 - 7:00 pm	Kids BJJ (Ages 6-12) 5:00 - 6:00 pm		Adult Wrestling 12:00 - 1:00 pm
Kids BJJ - Competition Class 6:00 - 7:00 pm	BJJ 7:00 - 8:30 pm	Kids BJJ (Ages 6-12) 6:00 - 7:00 pm	BJJ 7:00 - 8:30 pm	Kids Wrestling / No-Gi 6:00 - 7:00 pm		Kids Wrestling / No-Gi 1:00 - 2:00 pm
BJJ 7:00 - 8:30 pm		No-Gi 7:00 - 8:30 pm		BJJ 7:00 - 8:30 pm		Kids BJJ (Ages 6-12) 2:00 - 3:00 pm
						Kids BJJ (Ages 6-12) 3:00 - 4:00 pm

CLASS GUIDE

● BJJ

● NO-GI

● KIDS BJJ

● WRESTLING

● BABYBOLOS

● S&C

THE GENTLE ART ACADEMY / KATONG