



TEAM RENEGADE TIME TABLE

UNIT B, 1585 BRISTOL ROAD SOUTH, LONGBRIDGE, BIRMINGHAM

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM - 9AM							
10 AM - 11AM						BJJ (GI) (BEGINNERS) (MAT A)	
11AM	WALL WRESTLING (INVITATION ONLY) (PRO)	MMA GRAPPLING (INVITATION ONLY) (PRO)	SPARRING (INVITATION ONLY) (PRO)	MMA GRAPPLING (INVITATION ONLY) (PRO)	OPEN MAT	SPARRING (INVITATION ONLY) (PRO)	
12PM							AMATEUR SPARRING (MAT A)
1:10PM - 3:00PM							
2PM - 4PM							SUNDAY ROLL OPEN MAT (MAT A & B)
6PM - 7PM	BOXING (MAT A)	STRIKING (MAT A)	BOXING (MAT A)			MMA (MAT A)	
	GYMNASTICS (MAT B)	JUDO (MAT B)	BJJ (NO GI) (BEGINNERS) (MAT B)	STRIKING (MAT A)			
7PM - 8:30PM	SUBMISSION WRESTLING (MAT A)	SUBMISSION GRAPPLING (MAT A)	MMA (MAT B)	GRECO ROMAN WRESTLING (MAT B)		SUBMISSION WRESTLING (MAT A)	
		GRECO ROMAN WRESTLING (MAT B)	BJJ (GI) (MAT A)	SUBMISSION GRAPPLING (MAT A)			