HIGHLANDS SPORTS CENTRE

ADULTS WEEKLY SCHEDULE

15+ YEARS

MONDAY	WRESTLING EXPRESS 6:30 – 7:15 AM JIU-JITSU 6:00 – 7:00 PM WRESTLING 7:00 – 8:00 PM
TUESDAY	JIU-JITSU EXPRESS 12:30 – 1:15 PM JIU-JITSU 6.00-7.00 / WRESTING 6:15-7.00 SUBMISSION GRAPPLING 7:00 – 8:00 PM
WEDNESDAY	GRAPPLING EXPRESS 6:30 – 7:15 AM JIU-JITSU 6:00 – 7:00 PM WRESTLING 7:00 – 8:00 PM
THURSDAY	JIU-JITSU EXPRESS 12:30 – 1:15 PM JIU-JITSU 6:00 – 7:00 PM SUBMISSION GRAPPLING 7:00 – 8:00 PM
FRIDAY	WRESTLING EXPRESS 6:30 – 7:15 AM JIU-JITSU 6:00 – 7:00 PM WRESTLING 7:00 – 8:00 PM
SATURDAY	OPEN MAT ADULTS 11:00 AM – 12:00 PM