

Auckland MMA & VR Jiu-Jitsu Timetable of Classes

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
TIME	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2						
9:00 am											Open Mat NoGi Grappling		Sambo	Kids/Teens BJJ Comp Training						
9:30 am																				
10:00 am			Adults Gi General BJJ				Adults Gi General BJJ				Fighters MMA Sparring			Adult NoGi Grappling						
10:30 am																				
11:00 am																				
11:30 am											Beginner Kickboxing Sparring		Open Mat NoGi							
12:00 pm																				
3:30 pm																				
4:00 pm	Kids 5-7 BJJ Gi				Kids 5-7 BJJ Gi				Kids 5-7 BJJ NoGi											
4:15 pm		Kids 8-12 BJJ Gi	Kids 8-12 MMA			Kids 8-12 BJJ Gi	Kids 8-12 MMA			Kids 8-12 BJJ NoGi										
4:30 pm	Adults Gi General BJJ	Kids 8-12 BJJ Gi	Kids 8-12 MMA			Adults Gi Fundamental BJJ	Kids 8-12 BJJ Gi		Kids 8-12 MMA						Adults Gi General BJJ	Kids 8-12 BJJ NoGi				
5:00 pm		Teens BJJ Gi	Teens MMA				Teens BJJ Gi		Teens MMA							Teens BJJ NoGi				
5:30 pm																				
5:45 pm																				
6:00 pm	Adults General MMA (NoGi Grappling)	Kickboxing Pads	Kickboxing Pads	Adults Fundamental MMA (NoGi Grappling)	Kickboxing Pads	Fundamental Kickboxing	Fundamental Kickboxing	Adults Gi Fundamental BJJ	Kickboxing Pads											
6:30 pm			Advanced Kickboxing Contact Drills	Adults Gi BJJ Q&A Drills (All Levels)	Adults NoGi Grappling	Fighters MMA	Advanced Kickboxing Sparring	Adults Gi General BJJ												
7:00 pm	Adults Gi Fundamental BJJ	Fighters MMA		Adults Gi BJJ Q&A Drills (All Levels)				Adults Gi General BJJ												
7:30 pm																				
8:00 pm																				
8:30 pm																				
PRIVATE LESSONS			ADULT Kickboxing & Fighters			KIDS 5-7 BJJ CLASSES			KIDS 8-12 MMA CLASSES			TEENS MMA CLASSES								
			ADULT BJJ & NoGi Grappling						KIDS 8-12 BJJ CLASSES			TEENS BJJ CLASSES								

Gi uniform required for all Gi classes, and NoGi uniform required for all NoGi classes. Kickboxing and MMA classes that have sparring require headgear, mouthguard, and shinpads.

AucklandMMA.co.nz 30-Sept-25