

Instructors lessons : Martin Rogers (MR), Sensei Sue Mills (SM), Linda Payne (LP) Sensei Jamie Lendrum (JL), Sensei Aaron Rogers (AR) [Home Page](#)

**Budokan Institute Of Jujitsu & Martial Arts Time Table**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9 am - 10 am	My Free Session	My Free Session	My Free Session	My Free Session	My Free Session	Squad Fitness Training FOR S.J.J /MMA (MR)		
10 am - 11 am	Kick Boxing MR Fitness	Kick Boxing AR Fitness	Kick Boxing AR Fitness	Kick Boxing AR Fitness		Kick Boxing (MR) Sport Jujitsu & / MMA		
11 am - 12 pm		Submission Jujitsu (AR) Fundamentals S.J.J. / MMA	Submission Jujitsu AR Intermediate S.J.J. / MMA	Submission Jujitsu (AR) Advanced S.J.J. / MMA		Submission Jujitsu Adult & Youth Sport Jujitsu & MMA Fundamental (MR)	P90x / Insanity (JL) Fitness session	
12 pm - 1 pm						Lil Warriors Jujitsu (MR)		
1 pm - 2 pm						Youth Syllabus (MR) Adult Syllabus (MR)		
2 pm - 3 pm						Adult & Youth Sport (MR) Jujitsu Submission Jujitsu Advanced For MMA		
3 pm - 4:30 pm			Weapons Kobudo Every other week from 6pm to 9pm			Weapons Syllabus Kobudo (SM / LP & MR)		
5 pm - 6 pm	Lil Warriors & Youth Jujitsu Syllabus Class (Wed: A.R, all other days: MR & SM) All levels							
6 pm - 7 pm	Youth Sport Jujitsu./MMA Kick Boxing (MR)	Youth S.J.J.(MR) Fundamentals Sport Jujitsu/MMA		Youth Sport Jujitsu / MMA Kick Boxing (MR)	Youth S.J.J (MR) Advanced Sport Jujitsu / MMA			
6:30pm to 8pm			Youth Sport Jujitsu (AR) Kick Boxing / MMA & Adult Sport Jujitsu Kick Boxing & MMA (AR)					
7pm to 8pm Upstairs DOJO	Youth Japanese Jujitsu Syllabus	Youth Japanese Jujitsu Syllabus		Youth Japanese Jujitsu Syllabus	Youth Japanese Jujitsu Syllabus			
8pm - 9pm Upstairs DOJO	Adult S.J.J Advanced (MR) Sport Jujitsu & MMA	Adult S.J.J Intermediate (AR) Sport Jujitsu & MMA	Adult S.J.J Fundamentals Sport Jujitsu & MMA 8pm to 9:30pm(AR)	Adult S.J.J (AR) Intermediate For Sport Jujitsu & MMA	Free Practise Work Out Open Matt			
8 pm - 9 pm	Adult Japanese Kenpo Jujitsu Syllabus (Wed: JL, all other days: (MR) All Levels							
9 pm - 10 pm	Adult Sport Jujitsu & MMA Kick Boxing (MR)	Adult Sport Jujitsu & MMA Kick Boxing (MR)	P90x / Insanity (JL) Fitness session	Adult S.J.J Advanced (MR) Sport Jujitsu & MMA	Adult Sport Jujitsu & Kick Boxing/ MMA (MR)			

Key:= Japanese Jujitsu = Syllabus work / SJJ = Ground work Submission Jiu-Jitsu also For MMA & Sport Jujitsu also/ Kick Boxing is also For MMA & Sport Jujitsu Kumite stand up work

**!!Also Where it states Sport Jujitsu on the Time Table Students may also use this time to come in & practise Pairs Demo's & Random Attacks for Competition!!**

Fundamentals		All
Inter/Advan/		All
Advanced		All
<b>KEY for Submission Jujitsu</b>		

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