

ROAR DEFENCE ACADEMY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
						10:00 - 11:00 BJJ NO GI
		11:00 - 12:00 BJJ		11:00 - 12:00 BJJ NO GI		
PM	4:30 - 5:00 LIL' NINJAS BJJ		4:30 - 5:00 LIL' NINJAS BJJ	5:00 - 5:30 LIL' NINJAS HAPKIDO		
	5:30 - 6:30 BJJ KIDS	5:30 - 6:15 HAPKIDO KIDS	5:30 - 6:30 BJJ KIDS	5:30 - 6:15 HAPKIDO KIDS	5:30 - 6:30 BJJ KIDS	
	6:30 - 7:30 BJJ ADULTS	6:15 - 7:15 HAPKIDO ADULT	6:30 - 7:30 BJJ ADULT	6:15 - 7:15 HAPKIDO ADULT	6:30 - 7:30 BEGINNER BJJ	
		6:00 - 7:00 MMA ADULTS	7:30 - 8:30 BJJ COMP	6:00 - 7:00 MMA ADULTS		

LIL' NINJA

Start them young! Lil' Ninjas classes start from 4 years old teaching the basic fundamentals of Brazilian Jiu Jitsu and Hapkido. Help develop motor skills and develop new friendships in our Lil' Ninjas classes.

HAPKIDO

Hapkido is known as the "complete martial art". It was designed as a way to defend against and overcome an attacker with skills in many forms of martial combat. Hapkido is a combination of striking and punching to joint-locks, throws, and grappling, making it one of the original mixed martial arts.

BRAZILIAN JIU JITSU

Brazilian Jiu Jitsu is a grappling-based martial art whose central theme is the skill of controlling a resisting opponent in ways that force them to submit. This is done by utilizing superior leverage, grip and position upon your opponent. Students of the sport gain a deep understanding of the workings and limits of the human body. GI and No GI classes available.

PINK BELT ACADEMY

Our Woman's Defence Course is based around various martial arts as well as incorporating Boxing, Krav Maga and Brazilian Jiu Jitsu. The Pink Belt Academy offers Beginner, Intermediate and Advanced courses.

The content of each class is focused on specific types of danger that women may face in everyday situations. Not only do we teach effective practical skills, most importantly you will increase confidence, independence and general sense of achievement and accomplishment.

MMA

Mixed class of various martial art techniques and sparring drills.

COMPETITORS

Are you looking to compete in GI or No GI? Then this is the class for you to get that extra training in!