



**RMNU IRELAND**  
**BJJ ACADEMY**  
 51 MALLUSK ROAD  
 NEWTOWNABBEY  
 BT36 4PX

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
09:00							
10:00						Kids Age 6 - 8	Open Mat
11:00						Junior Age 9 - 14	
12:00	All Levels Gi	All Levels No-Gi	All Levels Gi	All Levels No-Gi	All Levels Gi	OPEN MAT	
13:00							
14:00							
15:00							
16:00		Kids Judo Age 5-8 3:30 - 4:15					
17:00		Kids Judo Age 9-14 4:15 - 5:15					
18:00	Fundament als	Adults Judo Kookateki		Fundament als			
19:00	All Levels Gi	Trouble Shooting Class	All Levels Gi	All Levels No - Gi	All Levels Gi		
20:00							