



RAY STEVENS ACADEMY WEEKLY SCHEDULE



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|--|---|---|--|--|---|--|--|---|--|--|--|---|---|
| LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO | LOWER DOJO | UPPER DOJO |
| 7.00-8.00am *OPEN MAT* ALL LEVELS MOE SCALISE | NEW | 7.00-8.00am *OPEN MAT* ALL LEVELS ADAM PEARCE | NEW | | | 7.00-8.00am *OPEN MAT* ALL LEVELS MOE SCALISE | NEW | 7.00-8.00am *OPEN MAT* ALL LEVELS ADAM PEARCE | NEW | 9.15 - 10.00 AM JUDO 4-7 YRS CLEMENT & LEN | | | |
| | | | | | | | | | | 10.00-10.45 AM JUDO 8-12 YRS ED & LEN | 10.00 - 10.45 AM BJJ 13-17 YRS SILVIU NASTASA | 10.00 - 10.45 AM JUDO 4-9YRS JADE ECCLES | 10.00 - 10.45 AM NO-GI BJJ 7-17YRS SILVIU NASTASA |
| | | | | | | | | | | 10.45 - 11.30 PM JUDO 13-17 YRS ED & LEN | 10.45 - 11.30 PM BJJ 7-12 YRS SILVIU & MIKEY | 10.45 - 11.45 AM *NO GI* ALL LEVELS SILVIU NASTASA | 10.45 - 11.45 AM JUDO KIDS 8yr+ COMPETITION TRAINING JADE ECCLES |
| 11.30-12.30pm *OPEN MAT* ALL LEVELS TOM BUCKMASTER | | 11.30-12.30pm *NO GI* ALL LEVELS TOM BUCKMASTER | | 11.30-12.30pm *NO GI* ALL LEVELS MIKEY PHAROAH | | 11.30-12.30pm *OPEN MAT* ALL LEVELS TOM BUCKMASTER | | 11.30-12.30pm *NO GI* ALL LEVELS TOM BUCKMASTER | | 11.30 - 12.30 PM *NO GI* ALL LEVELS MIKEY PHAROAH | 11.30 - 12.30 PM *JUDO* ALL LEVELS ED SEMPLE | 11.45 - 12.45 PM *NO GI* SPARRING ALL LEVELS SILVIU NASTASA | Invite Only Class - email or speak to us for further info |
| 12.30 - 1.30 PM *BJJ* ALL LEVELS TOM BUCKMASTER | | 12.30-1.30pm *GRECO WRESTLING* ALL LEVELS ABDULLAH TATARASHVILI | | 12.30 - 1.30 PM *NO GI* ALL LEVELS MIKEY PHAROAH | | 12.30 - 1.30 PM *BJJ* ALL LEVELS TOM BUCKMASTER | | 12.30 - 1.30 PM *NO GI* ALL LEVELS TOM BUCKMASTER | | 12.30 - 1.30 PM *BJJ* Competition Training MIKEY PHAROAH | | | |
| | TILL 20th MAR 23 3.45 - 4.30 PM WWP JUDO PRIVATE CLASS ED SEMPLE | | | | | | | | | | | | |
| 4.30 - 5.15 PM JUDO 4-7 YRS ED & TOM | | | | 4.30 - 5.15 PM JUDO 4-7 YRS ED & ROBERTO | | | 4.30 - 5.15PM KICKBOXING 7-10 YRS FRANKIE GIBSON | 4.30 - 5.15 PM JUDO 4-7YRS ED & TOM | | | | | |
| 5.15 - 6.00 PM JUDO 8-12 YRS ED & TOM | | 5.15 - 6.00 PM BJJ 7-15 YRS TOM BUCKMASTER | 5.15 - 6.00 PM KICKBOXING 7-15 YRS FRANKIE GIBSON | 5.15 - 6.00 PM JUDO 8-12 YRS ED SEMPLE | 5.15 - 6.00 PM *JUDO* ABC COURSE ROBERTO ALMEIDA | 5.15 - 6.00 PM BJJ 7-15 YRS ROBERTO ALMEIDA | 5.15 - 6.00PM KICKBOXING 11-15 YRS FRANKIE GIBSON | 5.15 - 6.00 PM JUDO 8-12 YRS ED & TOM | | | | | |
| 6.00 - 7.00 PM *BJJ* FUNDAMENTALS TOM BUCKMASTER | 6.00 - 7.00 PM *JUDO* ALL LEVELS ED SEMPLE | 6.00 - 7.00 PM *BJJ* FUNDAMENTALS TOM BUCKMASTER | 6.00 - 7.00 PM *KICKBOXING* ALL LEVELS FRANKIE GIBSON | 6.00 - 7.00 PM *BJJ* FUNDAMENTALS ROBERTO ALMEIDA | 6.00 - 7.00 PM JUDO 13-17 YRS ED & ROBERTO | 6.00 - 7.00 PM *BJJ* FUNDAMENTALS ROBERTO ALMEIDA | 6.00 - 7.00 PM *KICKBOXING* ALL LEVELS FRANKIE GIBSON | 6.00 - 7.00 PM *BJJ* FUNDAMENTALS TOM BUCKMASTER | 6.00 - 7.00 PM JUDO 13-17 YRS ED & ROBERTO | | | | |
| 7.00 - 8.00 PM *BJJ* INTERMEDIATE TOM BUCKMASTER | 7.00 - 8.00 PM *GRECO WRESTLING* ALL LEVELS ABDULLAH TATARASHVILI | 7.00 - 8.00 PM *BJJ* INTERMEDIATE TOM BUCKMASTER | 7.00 - 8.00 PM *BJJ* LADIES ALL LEVELS SOPHIE ABLETT | 7.00 - 8.00 PM *BJJ* INTERMEDIATE ROBERTO ALMEIDA | 7.00 - 8.00 PM *JUDO* ALL LEVELS ED SEMPLE | 7.00 - 8.00 PM *WRESTLING* ALL LEVELS MIKEY PHAROAH | 7.00 - 8.00 PM *BJJ* ABC COURSE ROBERTO ALMEIDA | 7.00 - 8.00 PM *BJJ* INTERMEDIATE TOM BUCKMASTER | 7.00-8.00 PM *JUDO* NEWAZA SPECIFIC ALL LEVELS ED SEMPLE | | | | |
| 8.00 - 9.00 PM *BJJ* ADVANCED TOM BUCKMASTER | | 8.00 - 9.00 PM *NO GI* ALL LEVELS TOM BUCKMASTER | | 8.00 - 9.00 PM *MMA* ALL LEVELS LOUIS BRICUSSE | 8.00 - 9.00 PM *JUDO* ABC COURSE ROBERTO ALMEIDA | 8.00 - 9.00 PM *NO GI* ALL LEVELS MIKEY PHAROAH | | 8.00 - 9.00 PM *BJJ* ADVANCED TOM BUCKMASTER | | | | | |
| MONDAY | MONDAY | TUESDAY | TUESDAY | WEDNESDAY | WEDNESDAY | THURSDAY | THURSDAY | FRIDAY | FRIDAY | SATURDAY | SATURDAY | SUNDAY | SUNDAY |

MORNING

MORNING

LUNCH

LUNCH

AFTERNOON

AFTERNOON

EVENING

EVENING

** THESE SESSIONS ARE FOR STUDENT & ADULT MEMBERS ONLY - PLEASE SPEAK TO AN INSTRUCTOR OR AT RECEPTION IF YOU NEED FURTHER CLARIFICATION