

Download Daily Schedule



GB Derby Headquarters - Spondon (Tel-07776 148395)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30-11:00 BJJ (open grade)		09:30-10:30 GB1		09:30-11:00 GB1	09:00-09:45 Kids Under 8 Ju Jitsu
		10:30-11:30 GB2		10:30-11:30 GB2	09:45-10:30 Kids Over 8 Ju Jitsu
		11:30-12:00 Live sparring		11:30-12:00 Live sparring	10:30-11:45 MMA
16.30-17:15 LC1/LC2		16:15-17:00 Juniors BJJ			11:45-12:45 GB1
17:15-18:00 Juniors BJJ	17:00-18:00 Kids BJJ Team	17:00-17:45 Kids Over 8 Ju Jitsu		17:00-17:45 Kids Under 8 Ju Jitsu	12:45-13:30 Juniors BJJ
18:00-19:00 GB1	18:00-19:30 MMA	17:45-18:30 Kids Under 8 Ju Jitsu	18:00-19:00 MMA	17:45-18:30 Kids Over 8 Ju Jitsu	16.00-17:00 GB1
19:00-20:00 GB1	19:30-20:30 BJJ NoGi	18:30-19:30 Adult Japanese Jujitsu		18:30-19:30 Adult Japanese Jujitsu	17:00-18:00 NoGi
20:00-21:00 GB2	20:30-21:30 GB3	19:30-20:30 GB1		19:30-20:30 GB1	
21:00-21.30 Live sparring		20:30-21:30 GB1		20:30-21:30 GB2	Sunday - Coming soon Womens Only BJJ

Martins Martial Arts - Ilkeston (Tel-07583 419183)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00-13:00 BJJ Fundamentals				12:30-13:30 BJJ All levels
17:00-17:45 U8's Japanese Ju Jitsu		17:00-17:45 U8's Japanese Ju Jitsu		17:30-18:30 Kids BJJ	13:30-14.30 MMA
17:45-18:45 Kids BJJ	17:00-18:00 Kids Competition Training	17:45-18:30 Over 8's Japanese JJ	18:00-19:00 MMA	18:30-19:30 BJJ Fundamentals	15:00-15:45 U8's Japanese Ju Jitsu
18:45-19:45 BJJ Advanced	18:30-19:30 BJJ Fundamentals	18:30-19:30 Women's Only BJJ	19:00-20:00 BJJ All Levels		15.45-16:30 Over 8's Japanese JJ
19:45-20:45 BJJ Fundamentals	19:30-20:15 NoGi Basics	19:30-20:30 BJJ Advanced	20:00-21:00 NoGi Advanced		
	20:15-21:15 NoGi Advanced	20:30-21:30 GB Derby Team Training (Ilkeston)			

Martins Martial Arts - Shelton Lock (Tel-07804 644 577)

Tuesday	Thursday
18:30-19:15 Kids Japanese Ju Jitsu (Under 8's)	18:30-19:15 Kids Japanese Ju Jitsu (Under 8's)
19:15-20:00 Kids Japanese Jujitsu (Over 8's)	19:15-20:00 Kids Japanese Jujitsu (Over 8's)
20:00-21:00 Adult Japanese Ju Jitsu	20:00-21:00 Adult Japanese Ju Jitsu