

# MASTER PROGRAM

*version 9 last updated: 2 August 2024*

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2024



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**(WHATS BEEN ADDED TO THIS VERSION)**

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**REMEMBER**

**ALL SEMINARS, COMPS AND EVENTS ADDED TO ONE  
CONSOLIDATED CALENDAR. LINKS ADDED DIRECTING  
YOU TO WHERE YOU CAN VIEW MORE INFO OR  
BOOK/REGISTER, IF AVAILABLE**

**SPECIAL OPEN MATS**

WOMAN'S DAY - KZN - 9 AUGUST

**SEMINARS**

HELENA JIU JITSU GIRL - KIDS - GAU - 13 OCT 2024

HELENA JIU JITSU GIRL - GAU - 13 OCT 2024

HELENA JIU JITSU GIRL - CPT - 18 OCT 2024

**COMPS**

DATE CHANGE:

APLHA GRAPPLING LEAGUE - W CAPE - 17/18 AUG 2024

**UPDATES**

# OPEN MATS

REGULAR

## **PLEASE NOTE**

OPEN MATS LISTED IN THE DOCUMENT ARE OPEN TO EVERYONE. IF YOUR OPEN MAT IS NOT OPEN TO EVERYONE PLEASE CONTACT US SO WE CAN REMOVE IT.

# GAUTENG

## FRIDAYS

TIME	GYM
5:00 PM	RIO GRAPPLING NEW ERA
5:00 PM	ARTE SUAVE ALBERTON
5:30PM	CREONTE

## SATURDAYS

TIME	GYM
7:30 AM	RIO GRAPPLING CENTURION
8:00 AM	APEX SOUTH
9:00 AM	PURIST BJJ
9:00 AM	SHOGUN MARTIAL ARTS ACADEMY
9:30 AM	1610 JIU JITSU
9:30 AM	EAST RAND BJJ
10:00 AM	8292 JIU JITSU
10:00 AM	QUAN WESSELS
10:00 AM	RIO GRAPPLING NEW ERA

# GAUTENG

## SATURDAY CONTINUED

TIME	GYM
10:00 AM	WSG ACADEMY
10:00 AM	SBG BEDFORDVIEW
10:00 AM	FIGHT CITY GYM (OPENING SOON)
10:30 AM	CIT PERFORMANCE INSTITUTE
10:30 AM	JHB GRAPPLING CLUB
11:00 AM	GRACIE BARRA BENONI

## SUNDAYS

TIME	GYM
8:30 AM	CORVUS GYM
10:00 AM	CONSTRUCTOR JIU JITSU
10:00 AM	SHOGUN MARTIAL ARTS ACADEMY
2:30 PM	GRACIE BARRA ALBERTON
4:00 PM	RIO GRAPPLING NEW ERA

TUESDAYS

TIME	GYM
5:15 PM	KO FIGHTING FITNESS

SATURDAYS

TIME	GYM
10:00 AM	BUSHIDO

**KZN**

SATURDAYS

TIME	GYM
9:00 AM	APEX JIU JITSU SOMERSET WEST
9:00AM	BROTHERS IN GRAPPLING
10:00 AM	RENZO GRACIE ACADEMY (COMP CLASS)
10:00 AM	YOKAI MMA
10:30 AM	REPS MMA
11:00AM	APEX JIU JITSU WEST COAST

SUNDAYS

TIME	GYM
9:00AM	RIO GRAPPLING CLUB LANGEBAAN

**W CAPE**



SATURDAYS

TIME	GYM
9:00AM	GRIZZLY BEAR JIU JITSU

**F STATE**

# OPEN MATS

SPECIAL

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FIGHT CITY GYM OPEN DAY - 3 AUGUST 2024

WHERE	FIGHT CITY GYM
DATE	3 AUGUST 2024
TIME	10:00AM
COST	FREE
INFO	<p>Come and celebrate the opening of Fight City Gym South Africa on Saturday, 3 August 2024. Get a glimpse of what's to come with technical striking class and open Brazilian Jiu Jitsu mat. Everyone is invited. Stand up 8am - 9:30am. BJJ Open Mat 10:00 - 11:30am. Fitness 12pm.</p> <p>Shop 58 Morning Glen Mall crn Kelvin Drive &amp; Bowling Avenue, Morningside Manor.</p>

**GAU**

WOMAN'S DAY OPEN MAT - 9 AUGUST 2024

WHERE	GUERRIERO GRAPPLING
DATE	9 AUGUST 2024
TIME	8:30AM
COST	FREE
INFO	Join us at Guerriero Grappling for a Woman's Day Open Mat  Details: Date - 09 August Time - 8:30am Location - 9 Old Main Road Gillitts Newbies are welcome so bring a friend 

**KZN**

# MASTER CALENDAR

**YELLOW**  
SEMINARS

**DARK PURPLE**  
COMPS

**LIGHT PURPLE**  
EVENTS

# 2024 . AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3 KZN GROUND QUEST 24	4
5	6	7	8	9	10	11
12	13	14	15	16	17 W CAPE ALPHA GRAPPLING LEAGUE 16	18 W CAPE ALPHA GRAPPLING LEAGUE 16
19	20	21	22	23	24	25
26	27	28	29	30	31 GAU SUB KINGS 15	

# 2024 . SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1 GAU SUB KINGS 15
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 GAU PRETTY SAVAGE	29
30						

# 2024 . OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4 GAU SUB KINGS WTA 10	5	6
7	8	9	10	11	12 GAU ADCC	13 GAU ADCC GAU HELENA JIU JITSU GIRL
14	15	16	17	18 W CAPE HELENA JIU JITSU GIRL	19	20
21	22	23	24	25	26	27
28	29	30	31			



# 2024 . NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2 GAU SUB KINGS 16  GAU VERSUS	3 GAU SUB KINGS 16
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 WC ADCC	

# 2024 . DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1 WC ADCC WC AFRIROLL XSCAPES
2 WC AFRIROLL XSCAPES	3 WC AFRIROLL XSCAPES	4 WC AFRIROLL XSCAPES	5 WC AFRIROLL XSCAPES	6 GAU SUB KINGS WTA 11 WC AFRIROLL XSCAPES	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					