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[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 BJJ GB1		09:30-11:00 BJJ GB1	
		10:30-11:30 BJJ GB2		10:30-11:30 BJJ GB2	09:45-10:30 Kids Japanese Ju Jitsu (All levels)
		11:30-12:00 BJJ Live sparring		11:30-12:00 BJJ Live sparring	10:30-11:45 MMA
					11:45-12:45 BJJ GB1
17:15-18:00 Juniors BJJ	17:00-18:00 Kids BJJ Team	17:00-17:45 Juniors BJJ			12:45-13:30 Juniors BJJ
18:00-19:00 GB1 (0-1 tab)	18:00-19:30 MMA	17:45-18:30 Kids Japanese Ju Jitsu (All levels)	18:00-19:00 MMA	17:45-18:30 Kids Japanese Ju Jitsu	
19:00-20:00 GB1 (2 tabs and above)	19:30-20:30 BJJ NoGi	18:30-19:30 Adult Japanese Jujitsu		18:30-19:30 Adult Japanese Jujitsu	
20:00-21:00 BJJ GB2	20:30-21:30 BJJ GB3	19:30-20:30 GB1 (0-1 tabs)		19:30-20:30 BJJ GB1	16:30-18:00 Wrestling (invite only)
21:00-21.30 Live sparring		20:30-21:30 GB1 (2 tabs and above)		20:30-21:30 BJJ GB2	

Martins Martial Arts - Ilkeston (Tel-07583 419183)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00-11:00 BJJ Fundamentals		10:00-11:00 BJJ Fundamentals		11:30-12:30 Kids BJJ
17:00-17:45 U8's Japanese Ju Jitsu	12:00-13:00 BJJ Fundamentals	17:00-17:45 U8's Japanese Ju Jitsu	17:00-18:00 Kids MMA	17:30-18:30 Kids BJJ	12:30-13:30 BJJ All levels
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	13:30-14.30 MMA
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		15:00-15:45 U8's Japanese Ju Jitsu
19:45-20:45 BJJ Fundamentals	19:30-20:15 NoGi Basics	19:30-20:30 BJJ Advanced	20:00-21:00 NoGi Advanced		15.45-16:30 Over 8's Japanese JJ
	20:15-21:15 NoGi Advanced	20:30-21:30 GB Derby Team Training (Ilkeston)			