



SAMURAI CONNEXION

MARTIAL ARTS & BJJ / LEIGHTON BUZZARD

MAKE IT YOUR ROUTINE.

WEEKLY CLASS TIMETABLE

MONDAY

Kids Kickboxing / Muay Thai

4:30 PM – 5:30 PM / Kids

TUESDAY

BJJ (Gi)

7:00 PM – 8:30 PM / Adults

WEDNESDAY

Adult MMA

6:00 PM – 7:00 PM / Ages 14+

THURSDAY

Nogi Grappling

6:00 PM – 7:00 PM / Adults

SUNDAY

Competition Training (Grappling & MMA)

9:30 AM – 10:30 AM / All levels

FIRST SESSION? YOU'RE WELCOME HERE.

Arrive ten minutes early. Bring water and comfortable clothing.

Contact the academy to confirm availability before your first visit.

ENQUIRE ABOUT YOUR FIRST CLASS

22 Harmill Estate, Leighton Buzzard, LU7 4FF

All times are local. Schedule reproduced from the academy website, 4 September 2026.