JRONFIST EST. 2001

Current Timetable as at 1st April 2024

			Current Timetable as at 1	rst April 2024			
	MONDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	MONDAY	
M O N D A	5am - 6am	Muay Thai - General				5am - 6am	
	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.		6am - 7am	М
	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm	Ö
	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General			4:30pm - 5:30pm	N D
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ Gi Fundamentals - Beg to Adv.	MMA Drills - Invite Only	5:30pm - 6:30pm	A
'	C.20 7.20	Class A: Muay Thai - Be	eg. Fundamentals	BJJ No Gi - Beg. to Adv.	MMA Class - Invite Only	C-20 7-20	1 1
	6:30pm - 7:30pm	Class B: Muay Th	ai - General	BJJ NO GI - Beg. to Adv.	WIMA Class - Invite Only	6:30pm - 7:30pm	
	7:30pm - 9pm			BJJ Gi - Inter. to Adv.		7:30pm - 9pm	
	TUESDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	TUESDAY	
	5am - 6am		Boxing - General			5am - 6am	
T U E S D A	6am - 7am		Boxing - General	BJJ Gi - Beg. to Adv.		6am - 7am] т [
	3:45pm-4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm-4:30pm	U
	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Boxing - General	BJJ Gi Fundamentals - Beg to Adv.		4:30pm - 5:30pm	S D
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	MMA Fundamentals	- Beg. to Inter.	5:30pm - 6:30pm	
		Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals				Ŷ
	6:30pm - 7:30pm	Class B: Muay Thai - General	Class B: Boxing - General	BJJ No Gi - Beg. to Adv.		6:30pm - 7:30pm	
W E D N E S D A Y	7:30pm - 9pm	oldoo B. Mady Fridi - Concrai	oldoo B. Boxing - Concrai			7:30pm - 9pm	1
	WEDNESDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	WEDNESDAY	
	5am - 6am	Muay Thai - General	BOXING I MAT B	BOOMMESTERIO SIRATO	mma-mar b	5am - 6am	
	6am - 7am	Muay Thai - General	+	BJJ No Gi - Beg. to Adv.		6am - 7am	W E
	3:45pm - 4:30pm	inday Thai - Concrai		Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm	D
	о тории	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	11100 (0-12)10) 500 01		0.40рін - 4.00рін	N
	4:30pm - 5:30pm	Class B: Muay Thai - General	Class B: Boxing - General			4:30pm - 5:30pm	E
	5:30pm - 6:30pm	Muay Thai Sparring/Clinching - Inter. to Adv.		BJJ No Gi - Beg. to Adv.		5:30pm - 6:30pm	S
	3.30piii - 0.30piii			Boo No OI - Beg. to Adv.		3.30piii - 0.30piii	D A
	6:30pm - 7:30pm		-	BJJ Gi - Beg. to Adv.	MMA Sparring & Conditioning	6:30pm - 7:30pm	Y
	Class B: Muay Thai - Inter. to Adv. 7:30pm - 9pm		- Intel: to Auv.			7:30pm - 9pm	-
T H U R S D A Y	THURSDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	THURSDAY	
	5am - 6am	MOAI THAI MAI A	Boxing - General	DOCTOR DE MAI O	MINA MAI D	5am - 6am	1 1
	6am - 7am		Boxing - General	BJJ Gi - Beg. to Adv.		6am - 7am	т
	3:45pm - 4:30pm		Boxing - General	Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm	Н
	3.43piii - 4.30piii	Class A: Muay Thai - Beg. Fundamentals		BJJ No Gi Fundamentals - Beg to		3.43piii - 4.30piii	U R
	4:30pm - 5:30pm	Class B: Muay Thai - General	Boxing - General	Adv.		4:30pm - 5:30pm	s
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	MMA Fundamentals - Beg. to Inter.		5:30pm - 6:30pm	Ď
		Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals				Α
	6:30pm - 7:30pm	Class B: Muay Thai - General	Class B: Boxing - General	BJJ Gi Fundamentals - Beg to Adv.	MMA Class - Invite Only	6:30pm - 7:30pm	Y
	7:30pm - 9pm		3 22 23	BJJ No Gi - Inter. to Adv.		7:30pm - 9pm	1 1
F R I D	FRIDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	FRIDAY	
	5am - 6am	Muay Thai - General				5am - 6am	F
	6am - 7am	Muay Thai - General				6am - 7am	R
	5pm - 6pm		Boxing - Sparring Inter. to Adv.			5pm - 6pm	b
Α	5:30pm - 6:30pm	Muay Thai - General				5:30pm - 6:30pm	Α
Υ	6pm - 7:30pm			Wrestling No Gi -	Beg. to Adv.	6pm - 7:30pm	Υ
S	SATURDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	SATURDAY	s
A T U	- CALL SALE	morti mati n	Boxing & Functional Fitness			OAI-ONDAI	Α
	7am - 8am		(No Contact)			7am - 8am	T U
R			Free Community Class				R
Ď	8am - 9am	Class A: Muay Thai - Beg. Fundamentals	Boxing - General			8am - 9am	D
Α		Class B: Muay Thai - General					A
Υ	9am - 10am	Muay Thai - Sparring - General	Boxing - Sparring - General	BJJ No Gi - Be	g. to Adv.	9am - 10am	Υ
Ļ							
	Beg. = Beginner	Red = Muay Thai					
	Inter. = Intermediate	Yellow = Boxing					
E G	Adv. = Advanced	Green = BJJ No Gi					
E N D		Orange = BJJ Gi					
		Purple = BJJ Kids					
		Blue = MMA					
		Purple = Wrestling					