

# IRONFIST

EST. 2001

Current Timetable as at 1st April 2024

MONDAY		MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	MONDAY
M O N D A Y	5am - 6am	Muay Thai - General				5am - 6am
	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.		6am - 7am
	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm
	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
	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
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General		BJJ No Gi - Beg. to Adv.	MMA 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
T U E S D A Y	5am - 6am		Boxing - General			5am - 6am
	6am - 7am		Boxing - General	BJJ Gi - Beg. to Adv.		6am - 7am
	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm
	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
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters		MMA Fundamentals - Beg. to Inter.	5:30pm - 6:30pm
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General		BJJ No Gi - Beg. to Adv.	6:30pm - 7:30pm
	7:30pm - 9pm					7:30pm - 9pm
WEDNESDAY		MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	WEDNESDAY
W E D N E S D A Y	5am - 6am	Muay Thai - General				5am - 6am
	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.		6am - 7am
	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm
	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
	5:30pm - 6:30pm	Muay Thai Sparring/Clinching - Inter. to Adv.	Drills/Boxing Sparring - Inter. to Adv.	BJJ No Gi - Beg. to Adv.		5:30pm - 6:30pm
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - Inter. to Adv.		BJJ Gi - Beg. to Adv.	MMA Sparring & Conditioning	6:30pm - 7:30pm
	7:30pm - 9pm					7:30pm - 9pm
THURSDAY		MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	THURSDAY
T H U R S D A Y	5am - 6am		Boxing - General			5am - 6am
	6am - 7am		Boxing - General	BJJ Gi - Beg. to Adv.		6am - 7am
	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm
	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Boxing - General	BJJ No Gi Fundamentals - Beg to Adv.		4:30pm - 5:30pm
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters		MMA Fundamentals - Beg. to Inter.	5:30pm - 6:30pm
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	BJJ Gi Fundamentals - Beg to Adv.	MMA Class - Invite Only	6:30pm - 7:30pm
	7:30pm - 9pm			BJJ No Gi - Inter. to Adv.		7:30pm - 9pm
FRIDAY		MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	FRIDAY
F R I D A Y	5am - 6am	Muay Thai - General				5am - 6am
	6am - 7am	Muay Thai - General				6am - 7am
	5pm - 6pm		Boxing - Sparring Inter. to Adv.			5pm - 6pm
	5:30pm - 6:30pm	Muay Thai - General				5:30pm - 6:30pm
	6pm - 7:30pm			Wrestling No Gi - Beg. to Adv.		6pm - 7:30pm
SATURDAY		MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	SATURDAY
S A T U R D A Y	7am - 8am		Boxing & Functional Fitness (No Contact) Free Community Class			7am - 8am
	8am - 9am	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Boxing - General			8am - 9am
	9am - 10am	Muay Thai - Sparring - General	Boxing - Sparring - General	BJJ No Gi - Beg. to Adv.		9am - 10am
L E G E N D	Beg. = Beginner	Red = Muay Thai				
	Inter. = Intermediate	Yellow = Boxing				
	Adv. = Advanced	Green = BJJ No Gi				
		Orange = BJJ Gi				
		Purple = BJJ Kids				
	Blue = MMA					
	Purple = Wrestling					