

Current Timetable as at 22nd July 2024

	MONDAY		BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	MONDAY	
	5am - 6am	MUAY THAI - MAT A Muay Thai - General	BOXING - MAT B	BJJ/WRESTLING - WAT C	WIWA - WAT D	5am - 6am	
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	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.		6am - 7am	м
0	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm	0
N D	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals			4:30pm - 5:30pm	N D
		Class B: Muay Thai - General	Class B: Boxing - General				
A Y	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ Gi Fundamentals - Beg to Adv.		5:30pm - 6:30pm	A Y
	6:30pm - 7:30pm		-	BJJ No Gi - Beg. to Adv.		6:30pm - 7:30pm	
	· ·	Class B: Muay Th	ai - General				
	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	
т	6am - 7am		Boxing - General	BJJ Gi - Beg. to Adv.		6am - 7am	т
Ų	3:45pm-4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm-4:30pm	U
E S D	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals	Boxing - General	BJJ Gi Fundamentals - Beg to Adv.		4:30pm - 5:30pm	DA
		Class B: Muay Thai - General	Boxing - General	Boo of Fundamentals - Bog to Adv.		noopin oloopin	
A Y	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters			5:30pm - 6:30pm	
Y	6:20mm 7:20mm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	R I I No Ci Ro	to Adv	6:30pm - 7:30pm	
	6:30pm - 7:30pm	Class B: Muay Thai - General	Class B: Boxing - General	BJJ No Gi - Beg	g. to Adv.	6.30pm - 7.30pm	
	7:30pm - 9pm				7:30pm - 9p		
	WEDNESDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	WEDNESDAY	
w	5am - 6am	Muay Thai - General				5am - 6am	w
E	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.		6am - 7am	W E
D	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm	D
D N E	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals			4:30pm - 5:30pm	N
S	4:30pm - 5:30pm	Class B: Muay Thai - General	Class B: Boxing - General			4.30pm - 5.30pm	E S
Ď	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	D
A Y		Class A: Muay Thai - Be					Α
	6:30pm - 7:30pm	Class B: Muay Thai		BJJ Gi - Beg. to Adv.		6:30pm - 7:30pm Y	Y
	7:30pm - 9pm					7:30pm - 9pm	
	THURSDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	THURSDAY	
	5am - 6am		Boxing - General			5am - 6am	
T H	6am - 7am		Boxing - General	BJJ Gi - Beg. to Adv.		6am - 7am	ТН
U R S	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm] 🛛 🗌
	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals	Boxing - General	BJJ No Gi Fundamentals - Beg to		4:30pm - 5:30pm	R
	neepin ereepin	Class B: Muay Thai - General	Doxing - General	Adv.		noopin oloopin	s
D A	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	MMA Fundamentals	- Beg. to Inter.	5:30pm - 6:30pm	
Ŷ	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals				
	0.000000 - 7.000000			B LL Gi Fundamentals - Beg to Adv		6:30pm - 7:30pm	Ŷ
		Class B: Muay Thai - General	Class B: Boxing - General	BJJ Gi Fundamentals - Beg to Adv.		6:30pm - 7:30pm	Ŷ
-	7:30pm - 9pm			BJJ Gi Fundamentals - Beg to Adv. BJJ No Gi - Inte	r. to Adv.	6:30pm - 7:30pm 7:30pm - 9pm	
E	7:30pm - 9pm FRIDAY				r. to Adv. MMA - MAT D		Y
F		Class B: Muay Thai - General MUAY THAI - MAT A Muay Thai - General	Class B: Boxing - General	BJJ No Gi - Inte		7:30pm - 9pm	Y F
R	FRIDAY	Class B: Muay Thai - General MUAY THAI - MAT A	Class B: Boxing - General	BJJ No Gi - Inte		7:30pm - 9pm FRIDAY	F R I
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