

## Current Timetable as at 22nd July 2024

	MONDAY			BJJ/WRESTLING - MAT C	MMA - MAT D	MONDAY	
M O Z D A Y	MONDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAI D	MONDAY	4 H
	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	0
	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				
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ Gi Fundamentals - Beg to Adv.		5:30pm - 6:30pm	Ŷ
	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	4 🖉
T U S D A Y	5am - 6am	-			1	5am - 6am	
	6am - 7am 3:45pm-4:30pm	-		BJJ Gi - Beg. to Adv. Kids (6-12yrs) BJJ Gi		6am - 7am	Ď
	3:45pm-4:30pm	Class & New Their Day Sundamentals		Kius (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			5:30pm - 6:30pm	
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	BJJ No Gi - Beg. to Adv.		6:30pm - 7:30pm	
		Class B: Muay Thai - General	Class B: Boxing - General				
	7:30pm - 9pm					7:30pm - 9pm	
W E D N E S D A Y	WEDNESDAY	MUAY THAI - MAT A Muay Thai - General	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	WEDNESDAY	4 6
	5am - 6am	Muay Thai - General	-	RUNG Ci. Reg. to Adv.		5am - 6am	w
	6am - 7am 3:45pm - 4:30pm	Muay Thai - General		BJJ No Gi - Beg. to Adv. Kids (6-12yrs) BJJ Gi		6am - 7am 3:45pm - 4:30pm	E D
	5.45pm - 4.50pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	Kids (6-12yrs) BJJ Gi		3.45pm - 4.50pm	Ň
	4:30pm - 5:30pm	Class B: Muay Thai - General	Class B: Boxing - General			4:30pm - 5:30pm	ES
	5-20mm C-20mm					5-20mm - 0-20mm	S
	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
	6:30pm - 7:30pm	Class A: Muay Thai - Be		BJJ Gi - Beg. to Adv.		6:30pm - 7:30pm	Ŷ.
	7:30pm - 9pm	Class B: Muay Thai	- Inter. to Adv.	-		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	MOAT THAT- MATA	BOAING - MAT B	BJJ/WRESTEING-MATC	MIMA-MAID	5am - 6am	4
	6am - 7am			BJJ Gi - Beg. to Adv.		6am - 7am	т
	3:45pm - 4:30pm			Kids (6-12yrs) BJJ Gi		3:45pm - 4:30pm	HU
		Class A: Muay Thai - Beg. Fundamentals		BJJ No Gi Fundamentals - Beg to			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	D
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	D LLO: Fundamentala Dente Adu		6:30pm - 7:30pm	Ŷ
	6:30pm - 7:30pm	Class B: Muay Thai - General	Class B: Boxing - General	BJJ Gi Fundamentals - Beg to Adv.		6:30pm - 7:30pm	1.
	7:30pm - 9pm			BJJ No Gi - Inte	r. to Adv.	7:30pm - 9pm	1
F	FRIDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	FRIDAY	F
FRIDAY SATURDAY	5am - 6am	Muay Thai - General				5am - 6am	R
	6am - 7am	Muay Thai - General				6am - 7am	1
	5pm - 6pm		Boxing - Sparring Inter. to Adv.			5pm - 6pm	D
	5:30pm - 6:30pm	Muay Thai - General				5:30pm - 6:30pm	A Y
	6pm - 7:30pm			Wrestling No Gi -		6pm - 7:30pm	
	SATURDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MMA - MAT D	SATURDAY	S
	7am - 8am		Boxing & Functional Fitness			-	A T
			(No Contact) Free Community Class			7am - 8am	υ
		Class A: Muay Thai - Beg. Fundamentals					R
	8am - 9am	Class B: Muay Thai - General	Boxing - General			8am - 9am	D
	9am - 10am	Muay Thai - Sparring - General	Boxing - Sparring - General	BJJ No Gi - Beg	a, to Adv.	9am - 10am	Ŷ
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L	Beg. = Beginner	Red = Muay Thai					
		Yellow = Boxing	1				
L							+ F
L	Inter. = Intermediate Adv. = Advanced	Green = BJJ No Gi					
L E G	-	Green = BJJ No Gi Orange = BJJ Gi					
E G E	-	Orange = BJJ Gi					
L E G E N D	-	Orange = BJJ Gi Purple = BJJ Kids					
E G E N	-	Orange = BJJ Gi					