

IRONFIST

EST. 2001

Current Timetable as at 24th November 2024

	MONDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	MONDAY	
M O N D A Y	5am - 6am	Muay Thai - General			5am - 6am	M O N D A Y
	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.	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.	6:30pm - 7:30pm	
	7:30pm - 9pm			BJJ Gi - Inter. to Adv.	7:30pm - 9pm	
T U E S D A Y	TUESDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	TUESDAY	T U E S D A Y
	5am - 6am		Boxing - General	BJJ Gi - Beg. to Adv.	5am - 6am	
	6am - 7am		Boxing - General	Kids (6-12yrs) BJJ Gi	6am - 7am	
	3:45pm - 4:30pm			BJJ Gi Fundamentals - Beg to Adv.	3:45pm - 4:30pm	
	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Boxing - General		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 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		
W E D N E S D A Y	WEDNESDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	WEDNESDAY	W E D N E S D A Y
	5am - 6am	Muay Thai - General		BJJ No Gi - Beg. to Adv.	5am - 6am	
	6am - 7am	Muay Thai - General		Kids (6-12yrs) BJJ Gi	6am - 7am	
	3:45pm - 4:30pm			BJJ Gi Fundamentals - Beg to Adv.	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.	6:30pm - 7:30pm	
7:30pm - 9pm				7:30pm - 9pm		
T H U R S D A Y	THURSDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	THURSDAY	T H U R S D A Y
	5am - 6am			BJJ Gi - Beg. to Adv.	5am - 6am	
	6am - 7am			Kids (6-12yrs) BJJ Gi	6am - 7am	
	3:45pm - 4:30pm			BJJ No Gi Fundamentals - Beg to Adv.	3:45pm - 4:30pm	
	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Boxing - General		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 B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	BJJ Gi Fundamentals - Beg to Adv.	6:30pm - 7:30pm	
7:30pm - 9pm			BJJ No Gi - Inter. to Adv.	7:30pm - 9pm		
F R I D A Y	FRIDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	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		Wrestling No Gi - Beg. to Adv.	5:30pm - 6:30pm	
	6pm - 7:30pm				6pm - 7:30pm	
S A T U R D A Y	SATURDAY	MUAY THAI - MAT A	BOXING - MAT B	BJJ/WRESTLING - MAT C	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	Kids (6-12yrs) BJJ Gi	8am - 9am	
	9am - 10am	Muay Thai - Sparring - General	Boxing - Sparring - General	BJJ No Gi - Beg. to Adv.	9am - 10am	
	Beg. = Beginner	Red = Muay Thai	Yellow = Boxing	Green = BJJ No Gi		
	Inter. = Intermediate	Orange = BJJ Gi	Purple = BJJ Kids	Purple = Wrestling		
	Adv. = Advanced					
	General = All Levels					