IRONFIST

Current Timetable as at 13 January 2025

	MONDAY	MAT A	MAT B	MAT C	MONDAY	
	5am - 6am	MAI A Muay Thai - General	MALD	MAIC	5am - 6am	
	6am - 7am	Muay Thai - General	-	BJJ No Gi - Beg. to Adv.	6am - 7am	
м	12pm - 1pm	Muay Thai - General			12pm - 1pm	м
0	3:45pm - 4:30pm			Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm	0
N D	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	Junior (6-12yrs) Muay Thai (45min)	4:30pm - 5:30pm	N D
A		Class B: Muay Thai - General	Class B: Boxing - General			A
М	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ No Gi - Beg. to Adv.	5:30pm - 6:30pm	-14
	6:30pm - 7:30pm		Beg. Fundamentals Thai - General	BJJ Gi Fundamentals - Beg to Adv.	6:30pm - 7:30pm	
	7:30pm - 9pm			BJJ Gi - Inter. to Adv.	7:30pm - 9pm	
	TUESDAY	MAT A	MAT B	MAT C	TUESDAY	
	5am - 6am		Boxing & Functional Fitness		5am - 6am	⊣ !
II_ !	6am - 7am		Boxing & Functional Fitness	BJJ Gi - Beg. to Adv.	6am - 7am	_ _
T U	12pm - 1pm	Muay Thai - General	J		12pm - 1pm	ان ⊢
E	3:45pm-4:30pm			Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm	_ Ĕ
S D	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	Junior (6-12yrs) Muay Thai (45min)	4:30pm - 5:30pm	S D
A	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ Gi Fundamentals - Beg. to Adv.	5:30pm - 6:30pm	_ ^
ľ		Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals			⊣ ۲
	6:30pm - 7:30pm 7:30pm - 8pm	Class B: Muay Thai - General	Class B: Boxing - General	BJJ No Gi - Beg. to Adv.	6:30pm - 7:30pm	a
		Class B. Muay Illai - Gellerai	Class B. Boxing - General		7:30pm - 8pm	- 1
	WEDNESDAY	MAT A	MAT B	MAT C	WEDNESDAY	
	5am - 6am	Muay Thai - General	5		5am - 6am	
	6am - 7am	Muay Thai - General	-	BJJ No Gi - Beg. to Adv.	6am - 7am	
W	12pm - 1pm	Muay Thai - General	-		12pm - 1pm	W E
D	3:45pm - 4:30pm	Mady That - General		Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm	D
N E	3.43piii - 4.30piii	Class As Musey Their Day Fundamentals	Class & Paving Pag Fundamentals	301101 (0-12313) 233 CI (4311111)	3.43piii - 4.30piii	N
S	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	Junior (6-12yrs) Muay Thai (45min)	4:30pm - 5:30pm	E S
D A	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	A
Y	6:30pm - 7:30pm		Beg. Fundamentals		6:30pm - 7:30pm	Y
		Class B: Muay Ti	nai - Inter. to Adv.	BJJ Gi - Beg. to Adv.		
	7:30pm - 8pm				7:30pm - 8pm	
	THURSDAY	MAT A	MAT B	MAT C	THURSDAY	4 !
	5am - 6am 6am - 7am		Boxing & Functional Fitness Boxing & Functional Fitness	BJJ Gi - Beg. to Adv.	5am - 6am 6am - 7am	- !
T	12pm - 1pm	Muay Thai - General	Boxing & Functional Fitness	BJJ GI - Beg. to Adv.	12pm - 1pm	⊣ т
н	3:45pm - 4:30pm	Muay IIIai - Gellerai	J	Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm	- н
U	3:45pm - 4:30pm	Class Ashtony Their Day Fundamentals	Class & Basina Ban Espelantantals	Junior (6-12yrs) BJJ GI (45min)	3:45pm - 4:30pm	U R
R S	4:30pm - 5:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	Junior (6-12yrs) Muay Thai (45min)	4:30pm - 5:30pm	S
D A	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ Gi Fundamentals - Beg. to Adv.	5:30pm - 6:30pm	D A
Y	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	BJJ No Gi Fundamentals - Beg to Adv.	6:30pm - 7:30pm	Y
	0:30pm - 7:30pm	Class B: Muay Thai - General	Class B: Boxing - General	533 NO OF FUNDAMENTALS - Beg to Adv.	6:30pm - 7:30pm	
	7:30pm - 9pm			BJJ No Gi - Inter. to Adv.	7:30pm - 9pm	7 /
	FRIDAY	MAT A	MAT B	MAT C	FRIDAY	
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F	5am - 6am	Muay Thai - General			5am - 6am	F
F R I	5am - 6am 6am - 7am	Muay Thai - General Muay Thai - General			5am - 6am 6am - 7am	F R I
I D		-	Boxing - Sparring Inter. to Adv.			R I D
I D	6am - 7am	-	Boxing - Sparring Inter. to Adv.		6am - 7am	R I D A
1.	6am - 7am 5pm - 6pm	Muay Thai - General	Boxing - Sparring Inter. to Adv.	Open Mat - Both Gi & No Gi	6am - 7am 5pm - 6pm	R I D
I D	6am - 7am 5pm - 6pm 5:30pm - 6:30pm	Muay Thai - General	Boxing - Sparring Inter. to Adv. MAT B	Open Mat - Both Gi & No Gi MAT C	6am - 7am 5pm - 6pm 5:30pm - 6:30pm	R I D A
I A Y	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY	Muay Thai - General Muay Thai - General	MAT B Boxing & Functional Fitness	MAT C	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY	RIDAY
I D A Y	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm	Muay Thai - General Muay Thai - General	MAT B Boxing & Functional Fitness (No Contact)	·	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm	RIDAY
I A Y	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY	Muay Thai - General Muay Thai - General MAT A	MAT B Boxing & Functional Fitness (No Contact) Free Community Class	MAT C	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY	RIDAY
I D A Y	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY	Muay Thai - General Muay Thai - General MAT A Class A: Muay Thai - Beg. Fundamentals	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals	MAT C	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY	RIDAY
I DAY SATURDA	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am	Muay Thai - General Muay Thai - General MAT A Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	MAT C BJJ Comp Class Junior (6-12yrs) BJJ Gi (45min)	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am	RIDAY
I DAY SATURD	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am	Muay Thai - General Muay Thai - General MAT A Class A: Muay Thai - Beg. Fundamentals	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals	MAT C BJJ Comp Class	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am	RIDAY
I DAY SATURDAY	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am	Muay Thai - General Mat A Mat A Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General Muay Thai - Sparring - General	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals Class B: Boxing - General Boxing - Sparring - General	MAT C BJJ Comp Class Junior (6-12yrs) BJJ Ci (45min) BJJ No Gi - Beg. to Adv.	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am 9am - 10am	RIDAY
SATURDAY	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am	Muay Thai - General Muay Thai - General MAT A Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals Class B: Boxing - General Boxing - Sparring - General	MAT C BJJ Comp Class Junior (6-12yrs) BJJ Gi (45min) BJJ No Gi - Beg. to Adv. Green = BJJ No Gi	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am	RIDAY
I DAY	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am 9am - 10am Beg. = Beginner inter. = intermediate Adv. = Advanced	Muay Thai - General Mat A Mat A Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General Muay Thai - Sparring - General	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals Class B: Boxing - General Boxing - Sparring - General	MAT C BJJ Comp Class Junior (6-12yrs) BJJ Ci (45min) BJJ No Gi - Beg. to Adv.	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am 9am - 10am	RIDAY
I DAY	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am 9am - 10am Beg. = Beginner	Muay Thai - General Mat A Mat A Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General Muay Thai - Sparring - General	MAT B Boxing & Functional Fitness (No Contact) Free Community Class Class A: Boxing - Beg. Fundamentals Class B: Boxing - General Boxing - Sparring - General	MAT C BJJ Comp Class Junior (6-12yrs) BJJ Gi (45min) BJJ No Gi - Beg. to Adv. Green = BJJ No Gi	6am - 7am 5pm - 6pm 5:30pm - 6:30pm 6:30pm - 7pm SATURDAY 7am - 8am 8am - 9am 9am - 10am Beg. = Beginner Inter. = Intermediate	RIDAY