

IRONFIST

EST. 2001

Current Timetable as at 13 January 2025

	MONDAY	MAT A	MAT B	MAT C	MONDAY
MONDAY	5am - 6am	Muay Thai - General			5am - 6am
	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.	6am - 7am
	12pm - 1pm	Muay Thai - General			12pm - 1pm
	3:45pm - 4:30pm			Junior (6-12yrs) BJJ Gi (45min)	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	Junior (6-12yrs) Muay Thai (45min)	4:30pm - 5:30pm
	5:30pm - 6:30pm	Muay Thai - Inter/Adv/Fighters	Boxing - Inter/Adv/Fighters	BJJ No Gi - Beg. to Adv.	5:30pm - 6:30pm
	6:30pm - 7:30pm	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General		BJJ Gi Fundamentals - Beg to Adv.	6:30pm - 7:30pm
7:30pm - 9pm			BJJ Gi - Inter. to Adv.	7:30pm - 9pm	
TUESDAY	5am - 6am		Boxing & Functional Fitness		5am - 6am
	6am - 7am		Boxing & Functional Fitness	BJJ Gi - Beg. to Adv.	6am - 7am
	12pm - 1pm	Muay Thai - General			12pm - 1pm
	3:45pm - 4:30pm			Junior (6-12yrs) BJJ Gi (45min)	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	Junior (6-12yrs) Muay Thai (45min)	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	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	BJJ No Gi - Beg. to Adv.	6:30pm - 7:30pm
7:30pm - 8pm				7:30pm - 8pm	
WEDNESDAY	5am - 6am	Muay Thai - General			5am - 6am
	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.	6am - 7am
	12pm - 1pm	Muay Thai - General			12pm - 1pm
	3:45pm - 4:30pm			Junior (6-12yrs) BJJ Gi (45min)	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	Junior (6-12yrs) Muay Thai (45min)	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 - 8pm				7:30pm - 8pm	
THURSDAY	5am - 6am		Boxing & Functional Fitness		5am - 6am
	6am - 7am		Boxing & Functional Fitness	BJJ Gi - Beg. to Adv.	6am - 7am
	12pm - 1pm	Muay Thai - General			12pm - 1pm
	3:45pm - 4:30pm			Junior (6-12yrs) BJJ Gi (45min)	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	Junior (6-12yrs) Muay Thai (45min)	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	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	BJJ No Gi Fundamentals - Beg to Adv.	6:30pm - 7:30pm
7:30pm - 9pm			BJJ No Gi - Inter. to Adv.	7:30pm - 9pm	
FRIDAY	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		Open Mat - Both Gi & No Gi	5:30pm - 6:30pm
	6:30pm - 7pm				6:30pm - 7pm
SATURDAY	7am - 8am		Boxing & Functional Fitness (No Contact) Free Community Class	BJJ Comp Class	7am - 8am
	8am - 9am	Class A: Muay Thai - Beg. Fundamentals Class B: Muay Thai - General	Class A: Boxing - Beg. Fundamentals Class B: Boxing - General	Junior (6-12yrs) BJJ Gi (45min)	8am - 9am
	9am - 10am	Muay Thai - Sparring - General	Boxing - Sparring - General	BJJ No Gi - Beg. to Adv.	9am - 10am
	Beg. = Beginner	Red = Muay Thai	Brown = Boxing	Green = BJJ No Gi	Beg. = Beginner
	Inter. = Intermediate		Purple = Junior Classes (ages 6-12 years)	Orange = BJJ Gi	Inter. = Intermediate
	Adv. = Advanced				Adv. = Advanced
	General = All Levels				General = All Levels