

IRONFIST

EST. 2001

Current Timetable as at June 2025

M O N D A Y	MONDAY	MAT A	MAT B	MAT C	MONDAY	M O N D A Y
	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	Teens Muay Thai		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		
T U E S D A Y	TUESDAY	MAT A	MAT B	MAT C	TUESDAY	T U E S D A Y
	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	Teens Muay Thai		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			
W E D N E S D A Y	WEDNESDAY	MAT A	MAT B	MAT C	WEDNESDAY	W E D N E S D A Y
	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	Teens Muay Thai		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			
T H U R S D A Y	THURSDAY	MAT A	MAT B	MAT C	THURSDAY	T H U R S D A Y
	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	Teens Muay Thai		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		
F R I D A Y	FRIDAY	MAT A	MAT B	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		Open Mat - Both Gi & No Gi	5:30pm - 6:30pm	
	6:30pm - 7pm				6:30pm - 7pm	
S A T U R D A Y	SATURDAY	MAT A	MAT B	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	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	