IRONFIST

EST. 2001

Current Timetable as at June 2025

	MONDAY 5am - 6am	MAT A Muay Thai - General	мат в	MAT C	MONDAY 5am - 6am	-	
M	6am - 7am	Muay Thai - General	-	DZZ Na Ci. Dan An Adv	6am - 7am		
	12pm - 1pm	Muay Thai - General	-	BJJ No Gi - Beg. to Adv.	12pm - 1pm		
М О		<u> </u>				M O N D A Y	
N D	3:45pm - 4:30pm	Teens Muay Thai		Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm		
D A	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		
Y	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	The state of the s	- 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		
	6am - 7am		Boxing & Functional Fitness	BJJ Gi - Beg. to Adv.	6am - 7am		
T U	12pm - 1pm	Muay Thai - General			12pm - 1pm	T	
E	3:45pm-4:30pm	Teens Muay Thai		Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm	U E	
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	Ŷ	
"		Class A: Muay Thai - Beg. Fundamentals	Class A: Boxing - Beg. Fundamentals	200 or i undamentals - beg. to Adv.		60pm - 7:30pm	
	6:30pm - 7:30pm	Class B: Muay Thai - General	Class B: Boxing - General	BJJ No Gi - Beg. to Adv.	6:30pm - 7:30pm		
	7:30pm - 8pm				7:30pm - 8pm		
	WEDNESDAY	MAT A	MAT B	MAT C	WEDNESDAY	4	
	5am - 6am	Muay Thai - General			5am - 6am		
w	6am - 7am	Muay Thai - General		BJJ No Gi - Beg. to Adv.	6am - 7am	w	
E	12pm - 1pm	Muay Thai - General			12pm - 1pm	Ε	
D N	3:45pm - 4:30pm	Teens Muay Thai		Junior (6-12yrs) BJJ Gi (45min)	3:45pm - 4:30pm	D	
E 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 V	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 Y	
	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			200 0. 205.107.20	7:30pm - 8pm		
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П	THURSDAY	MAT A	MAT B	MAT C	THURSDAY	П	
	THURSDAY 5am - 6am	MAT A	MAT B Boxing & Functional Fitness	MAT C		П	
	5am - 6am 6am - 7am	MAT A		MAT C BJJ Gi - Beg, to Adv.	THURSDAY 5am - 6am 6am - 7am		
Т	5am - 6am 6am - 7am 12pm - 1pm	MAT A Muay Thai - General	Boxing & Functional Fitness		THURSDAY 5am - 6am 6am - 7am 12pm - 1pm	Т	
H	5am - 6am 6am - 7am		Boxing & Functional Fitness		THURSDAY 5am - 6am 6am - 7am	T H U	
H	5am - 6am 6am - 7am 12pm - 1pm 3:45pm - 4:30pm	Muay Thai - General	Boxing & Functional Fitness	BJJ Gi - Beg. to Adv. Junior (6-12yrs) BJJ Gi (45min)	THURSDAY 5am - 6am 6am - 7am 12pm - 1pm 3:45pm - 4:30pm	H U R	
н	5am - 6am 6am - 7am 12pm - 1pm	Muay Thai - General Teens Muay Thai	Boxing & Functional Fitness Boxing & Functional Fitness	BJJ Gi - Beg. to Adv.	THURSDAY 5am - 6am 6am - 7am 12pm - 1pm	H	
H U R S D	5am - 6am 6am - 7am 12pm - 1pm 3:45pm - 4:30pm	Muay Thai - General Teens Muay Thai Class A: Muay Thai - Beg. Fundamentals	Boxing & Functional Fitness Boxing & Functional Fitness Class A: Boxing - Beg. Fundamentals	BJJ Gi - Beg. to Adv. Junior (6-12yrs) BJJ Gi (45min) Junior (6-12yrs) Muay Thai (45min)	THURSDAY 5am - 6am 6am - 7am 12pm - 1pm 3:45pm - 4:30pm	H U R S D	
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