

	Monday		Tuesday		Wednesday		Thursday		Friday		Day/Time	Saturday		Sunday	
06:45-07:30	Muay Thai Fundamental	BJJ Fundamental	BJJ Fundamental		Muay Thai Fundamental	BJJ Advance & Randori	BJJ Fundamental		Muay Thai Fundamental	BJJ Advance & Randori	09:15 - 10:00	Muay Thai Kids	BJJ Kids (Under 7y/o)	Muay Thai Kids	BJJ Kids (7y/o - 12y/o)
07:30-11:30	Gym Close		Gym Close		Gym Close		Gym Close		Gym Close		10:00 - 10:15	MAT CLEANING			
11:30 - 12:15	HIIT		HIIT		HIIT		HIIT		HIIT		10:15 - 11:00	Muay Thai Fundamental	BJJ Kids (7y/o - 12y/o)	Muay Thai Kids	BJJ Kids (Under 7y/o)
12:15 - 12:30	MAT CLEANING										11:00 - 11:15	MAT CLEANING			
12:30 - 13:15	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	11:15 - 12:00	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Boxing Fundamental	BJJ Absolute Beginners & Trials
13:15 - 13:30	MAT CLEANING										12:00 - 12:15	MAT CLEANING			
13:30 - 16:30	Gym Close		Gym Close		Gym Close		Gym Close		Gym Close		12:15 - 13:00	Muay Thai Advanced & Sparring	BJJ No Gi Beginner	BJJ Fundamental	
16:30 - 17:15	BJJ Kids (Under 7y/o)		Muay Thai Kids		BJJ Kids (Under 7y/o)		Muay Thai Kids		BJJ Kids (Under 7y/o)		13:00 - 13:15	MAT CLEANING		MAT CLEANING	
17:15 - 17:30	MAT CLEANING										13:15 - 14:00	BJJ No Gi Advance			
17:30 - 18:15	Muay Thai Kids		BJJ Kids (7y/o - 12y/o)		Muay Thai Kids		BJJ Kids (7y/o - 12y/o)		Muay Thai Kids		14:00 - 14:15	MAT CLEANING			
18:15 - 18:30	MAT CLEANING										14:15 - 15:00	Muay Thai Beginner Sparring			
18:30 - 19:15	Muay Thai Fundamental	BJJ Intermediate	Muay Thai Fundamental	BJJ Intermediate	Muay Thai Fundamental	BJJ Intermediate	Muay Thai Fundamental	BJJ Intermediate	Muay Thai Absolute Beginners & Trials	BJJ Intermediate	15:00 - 15:15	MAT CLEANING			
19:15 - 19:30	MAT CLEANING										15:15 - 16:00	Muay Thai Absolute Beginners & Trials	BJJ Advance & Randori	Gym Close	
19:30 - 20:15	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental	Muay Thai Absolute Beginners & Trials	BJJ Fundamental					
20:15 - 20:30	MAT CLEANING														
20:30 - 21:15	Muay Thai Advanced & Sparring	BJJ Advance & Randori	Muay Thai Beginner Sparring	BJJ No Gi	Muay Thai Advanced & Sparring	BJJ Advance & Randori	Muay Thai Fundamental	BJJ Absolute Beginners & Trials	Muay Thai Advanced & Sparring	BJJ Advance & Randori					
Gym Close															