



CLASS SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday	
Muay Thai Fundamentals 07:00-08:00	BJJ Fundamentals 07:00-08:00	Gym Closed		Muay Thai Fundamentals 07:00-08:00	BJJ Fundamentals 07:00-08:00	Gym Closed		Muay Thai Fundamentals 07:00-08:00	BJJ No-Gi Fundamentals 07:00-08:00
Gym Closed									
Boxing 12:30-13:30	BJJ Fundamentals 12:30-13:30	Muay Thai Fundamentals 12:30-13:30	BJJ Fundamentals 12:30-13:30	Muay Thai Fundamentals 12:30-13:30	BJJ Fundamentals 12:30-13:30	Muay Thai Fundamentals 12:30-13:30	BJJ Fundamentals 12:30-13:30	Muay Thai Fundamentals 12:30-13:30	BJJ Fundamentals 12:30-13:30
Gym Closed									
Muay Thai Kids (All Ages) 17:00-17:45		Muay Thai Kids (All Ages) 17:00-17:45		Muay Thai Kids (All Ages) 17:00-17:45		Muay Thai Kids (All Ages) 17:00-17:45		Muay Thai Kids (All Ages) 17:00-17:45	
BJJ Kids (All Ages) 17:45-18:30		BJJ Kids (All Ages) 17:45-18:30		BJJ Kids Competition Class (All Ages) 17:45-18:30		BJJ Kids (All Ages) 17:45-18:30		BJJ Kids Competition Class (All Ages) 17:45-18:30	
Muay Thai Fundamentals 18:30-19.30	BJJ Fundamentals 18:30-19.30	Muay Thai Fundamentals 18:30-19.30	BJJ Fundamentals 18:30-19.30	Muay Thai Fundamentals 18:30-19.30	BJJ Fundamentals 18:30-19.30	Muay Thai Fundamentals 18:30-19.30	BJJ Fundamentals 18:30-19.30	Muay Thai Fundamentals 18:30-19.30	BJJ Fundamentals 18:30-19.30
Muay Thai Beginners 19.30-20.30	BJJ Fundamentals 19.30-20.30	Muay Thai Beginners 19.30-20.30	BJJ No-Gi Fundamentals 19.30-20.30	Muay Thai Beginners 19.30-20.30	BJJ Advanced 19.30-20.30	Muay Thai Beginners 19.30-20.30	BJJ No-Gi Fundamentals 19.30-20.30	Muay Thai Beginners 19.30-20.30	BJJ Competition Class 19.30-21.00
BJJ Advanced 20.30-21.30		BJJ No-Gi Advanced 20.30-21.30		Muay Thai Advanced 20.30-21.30		BJJ No-Gi Advanced 20.30-21.30		Muay Thai Advanced 20.30-21.30	
Gym Closed									

Saturday	
Muay Thai Kids 09:15 - 10:00	BJJ Kids (Under 7y/o) 09:15 - 10:00
BJJ Kids (7y/o - 12y/o) 10:15 - 11:00	
Muay Thai Beginners 11:15 - 12:00	BJJ Fundamental 11:15 - 12:00
Muay Thai Advanced 12.15 - 13.00	BJJ No-Gi Fundamentals 12.15 - 13.00
Boxing 13:15 - 14:00	BJJ No-Gi Advanced 13:15 - 14:00
Gym Closed	

Sunday
Gym Closed