

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Muay Thai Fundamental 06:45 - 07:30		Gym Closed				Muay Thai Fundamental 06:45 - 07:30		Gym Closed		Muay Thai Fundamental 06:45 - 07:30		BJJ Kids (Under 7y/o) 09:15 - 10:00
Gym Closed				EQ SMB (Strength, Mobility & Balance) 11:30 - 12:30		Gym Closed		EQ SMB (Strength, Mobility & Balance) 11:30 - 12:30		Gym Closed		BJJ Kids (7y/o - 12y/o) 10:15 - 11:00
Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	Muay Thai Fundamental 12:30 - 13:30	BJJ Fundamental 12:30 - 13:30	BJJ Kids (7y/o - 12y/o) 10:15 - 11:00
Gym Closed												Boxing 11:15 - 12:00
Gym Closed												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		Muay Thai Kids All Ages 17:00 - 17:45		Gym Closed
BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		BJJ Kids All Ages 17:45 - 18:30		Gym Closed
Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Fundamental 18:30 - 19:30	Muay Thai Fundamental 18:30 - 19:30	BJJ Advance 18:30 - 19:30	Gym Closed
Muay Thai Beginners 19:30 - 20:30	BJJ Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ No Gi Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ Advance 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ No Gi Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ Fundamental 19:30 - 20:30	Muay Thai Beginners 19:30 - 20:30	BJJ Fundamental 19:30 - 20:30	Gym Closed
Muay Thai Advanced 20:30 - 21:30	BJJ Advance 20:30 - 21:30	BJJ Advance 20:30 - 21:30		Muay Thai Advanced 20:30 - 21:30		BJJ Advance 20:30 - 21:30		Muay Thai Advanced 20:30 - 21:30		Gym Closed		Gym Closed
Gym Closed												Gym Closed