



TIMETABLE

Time	Area	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00AM - 8:00AM	Grappling Mat		MUAY THAI ALL LEVELS	BJJ GI ALL LEVELS				
9:00AM - 10:00AM	Grappling Mat						MMA	
9:00AM - 10:00AM	Striking Mat						KIDS MUAY THAI (5-9YRS) & TEENS MUAY THAI (10-13YRS)	
10:00AM - 11:00AM	Grappling Mat						KIDS BJJ (5-9YRS) & TEENS BJJ (10-13YRS)	
10:00AM - 11:00AM	Striking Mat						MUAY THAI ALL LEVELS	YOGA
11:00AM - 12:00PM	Grappling Mat						BJJ NO GI ALL LEVELS	OPEN MAT
11:00AM - 12:00PM	Striking Mat						MUAY THAI INTERMEDIATE	
12:00PM - 1:00PM	Grappling Mat	OPEN MAT	BJJ GI ALL LEVELS	OPEN MAT	BJJ GI ALL LEVELS			
12:00PM - 1:00PM	Striking Mat	MUAY THAI ALL LEVELS	OPEN MAT	MUAY THAI ALL LEVELS	OPEN MAT			
5:00PM - 6:00PM	Grappling Mat	KIDS MUAY THAI (5-9YRS)	KIDS BJJ (5-9YRS)	KIDS MUAY THAI (5-9YRS)	KIDS BJJ (5-9YRS)			
5:00PM - 6:00PM	Striking Mat	TEENS MUAY THAI (10-13YRS)	TEENS BJJ (10-13YRS)	TEENS MUAY THAI (10-13YRS)	TEENS BJJ (10-13YRS)			
6:00PM - 7:00PM	Grappling Mat	BJJ GI ALL LEVELS	MMA	BJJ GI ALL LEVELS	BJJ NO GI ALL LEVELS	MUAY THAI ALL LEVELS		
6:00PM - 7:00PM	Striking Mat	MUAY THAI FUNDAMENTALS	BJJ NO GI ALL LEVELS	MUAY THAI FUNDAMENTALS	BJJ COMP CLASS	OPEN MAT		
7:00PM - 8:00PM	Grappling Mat	BJJ GI INTERMEDIATE	BJJ GI ADVANCED	BJJ NO GI ALL LEVELS	STRENGTH & CONDITIONING			
7:00PM - 8:00PM	Striking Mat	MUAY THAI INTERMEDIATE	MUAY THAI FUNDAMENTALS	MUAY THAI INTERMEDIATE	MUAY THAI FUNDAMENTALS			
8:00PM - 9:00PM	Grappling Mat	BJJ NO GI FUNDAMENTALS	BJJ GI FUNDAMENTALS	MUAY THAI FIGHT TRAINING	BJJ GI FUNDAMENTALS			
8:00PM - 9:00PM	Striking Mat	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS			
8:00PM - 9:00PM	Grappling Mat			FEMALE BJJ GI				

