

TIMETABLE

EFFECTIVE 26/02/2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
	6:00 - 6:45 Muay Thai Fundamentals		6:00 - 7:30 AMATEUR COMP TEAM MUAY THAI		6:00 - 6:45 Muay Thai Partner Drills		6:00 - 7:30 AMATEUR COMP TEAM MUAY THAI		6:00 - 6:45 Muay Thai Pad Rounds		
	6:45 - 7:30 Muay Thai Pad Rounds	7:00 - 8:00 Womens Only NoGi	7:30 - 9:00 PRO COMP TEAM Muay Thai		6:45 - 7:30 Muay Thai Pad Rounds	7:00 - 8:00 Womens Only BJJ	7:30 - 9:00 PRO COMP TEAM Muay Thai		6:45 - 7:30 Muay Thai Sparring & Clinching		
	7:30 - 9:00 PRO COMP TEAM Muay Thai		9:00 - 9:45 Muay Thai Partner Drills		7:30 - 9:00 PRO COMP TEAM Muay Thai		9:00 - 9:45 Muay Thai Fundamentals		9:00 - 9:45 Muay Thai Pad Rounds		
			9:45 - 10:15 Muay Thai Pad Rounds				9:45 - 10:15 Muay Thai Pad Rounds		9:45 - 10:15 Muay Thai Sparring & Clinching	9:30 - 11:00 NoGi All Levels	
		11:00 - 12:00 NoGi All Levels				11:00 - 12:00 NoGi All Levels					
16:15 - 17:00 Jnr BJJ (ages 8+)	16:00 - 16:45 Jnr Muay Thai (7-12 yrs)		16:00 - 16:45 Jnr Muay Thai (7-12 yrs)	16:30 - 17:15 Jnr NoGi (ages 8+)	16:00 - 16:45 Jnr Muay Thai (7-12 yrs)		16:00 - 16:45 Jnr Muay Thai (7-12 yrs)	16:30 - 17:15 Jnr BJJ Gi (ages 8+)	16:00 - 17:30 JNR COMP TEAM Muay Thai		
17:00 - 18:00 BJJ Fundamentals	16:45 - 17:30 JNR COMP TEAM Muay Thai	17:00 - 18:00 Womens Only BJJ	16:45 - 17:30 Jnr Muay Thai Sparring	17:15 - 18:00 NoGi Fundamentals	16:45 - 17:30 JNR COMP TEAM Muay Thai	17:30 - 18:00 BJJ & NoGi Takedowns	16:45 - 17:30 Jnr Muay Thai Sparring	17:15 - 18:00 NoGi Intermediate Drills & Techniques	17:00 - 18:00 Muay Thai Sparring & Clinching		
18:00 - 18:45 BJJ Drills & Techniques	17:30 - 18:15 Womens Only Muay Thai	18:00 - 18:45 NoGi Drills & Techniques	17:30 - 18:15 Muay Thai Partner Drills	18:00 - 18:45 BJJ Intermediate Drills & Techniques	17:30 - 18:15 Muay Thai Fundamentals	18:00 - 19:15 COMPETITION CLASS BJJ & NoGi	17:30 - 18:15 Muay Thai Partner Drills	18:00 - 18:30 NoGi Intermediate Sparring			
18:45 - 19:15 BJJ Sparring	18:15 - 19:00 Muay Thai Fundamentals	18:45 - 19:15 NoGi Sparring	18:15 - 19:00 Muay Thai Pad Rounds	18:45 - 19:15 BJJ Intermediate Sparring	18:15 - 19:00 Muay Thai Pad Rounds		18:15 - 19:00 Muay Thai Pad Rounds	18:30 - 19:30 BJJ & NoGi OPEN MAT			
19:15 - 20:00 NoGi Drills & Techniques	19:00 - 19:30 Muay Thai Clinching	19:15 - 20:00 BJJ Drills & Techniques	19:00 - 19:30 Muay Thai Sparring	19:15 - 20:00 BJJ & NoGi Leglocks	19:00 - 19:30 Muay Thai Clinching	19:15 - 20:00 BJJ Drills & Techniques	19:00 - 19:30 Muay Thai Sparring				
20:00 - 20:30 NoGi Sparring		20:00 - 20:30 BJJ Sparring		20:00 - 20:30 BJJ & NoGi Sparring		20:00 - 20:30 BJJ Sparring					