

TIMETABLE

EFFECTIVE 06/01/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUAY THAI AREA	MUAY THAI AREA	MUAY THAI AREA	MUAY THAI AREA	MUAY THAI AREA	MUAY THAI AREA
6:00 - 7:00 Morning Muay Thai	6:00 - 7:00 Morning Muay Thai	6:00 - 7:00 Morning Muay Thai	6:00 - 7:00 Morning Muay Thai	6:00 - 7:00 Morning Muay Thai	
7:00 - 7:30 Clinching Basics	7:00 - 7:30 Conditioning	7:00 - 7:30 Sparring Basics	7:00 - 7:30 Conditioning	7:00 - 7:30 Bag Work	
	9:00 - 10:00 Morning Muay Thai		9:00 - 10:00 Morning Muay Thai	9:00 - 10:00 Morning Muay Thai	
	10:00 - 10:30 Clinching		10:00 - 10:30 Sparring Basics	10:00 - 10:30 Bag Work	
AFTERNOON/EVENING MUAY THAI CLASSES					
16:00 - 16:45 Juniors Muay Thai	16:00 - 16:45 Juniors Muay Thai	16:00 - 16:45 Juniors Muay Thai	16:00 - 16:45 Juniors Muay Thai	16:00 - 17:30 JUNIOR FIGHTER TRAINING	
16:45 - 17:30 JUNIOR FIGHTER TRAINING	16:45 - 17:30 Junior Sparring	16:45 - 17:30 JUNIOR FIGHTER TRAINING	16:45 - 17:30 Junior Sparring		
17:30 - 18:30 Muay Thai	17:30 - 18:15 Womens only Muay Thai	17:30 - 18:30 Muay Thai	17:30 - 18:30 Muay Thai	17:30 - 19:00 All levels Sparring	
18:00 - 20:00 FIGHTER TRAINING	18:30 - 19:00 Conditioning	18:00 - 20:00 FIGHTER TRAINING	18:30 - 19:00 Sparring Basics		
	18:00 - 20:00 FIGHTER TRAINING	18:30 - 19:00 Conditioning	18:00 - 20:00 FIGHTER TRAINING	18:30 - 19:00 Clinching Basics	
GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA
16:30 - 17:15 Junior BJJ/NoGi		16:30 - 17:15 Junior BJJ/NoGi		16:30 - 17:15 Junior BJJ/NoGi	9:30 - 11:00 AM NoGi Drills, Techniques & Sparring
17:15 - 18:00 BJJ Fundamentals	17:15 - 18:00 NoGi Fundamentals	17:15 - 18:00 NoGi Fundamentals	17:15 - 18:00 BJJ Fundamentals	17:15 - 18:00 NoGi Drills & Techniques	
18:00 - 18:45 BJJ Drills & Techniques	18:00 - 18:45 NoGi Drills & Techniques	18:00 - 18:45 BJJ Drills & Techniques	18:00 - 19:15 COMPETITION CLASS BJJ & NoGi	18:00 - 18:30 NoGi Sparring	
18:45 - 19:15 BJJ Sparring	18:45 - 19:15 NoGi Sparring	18:45 - 19:15 BJJ Sparring		18:30 - 19:30 BJJ & NoGi OPEN MAT	
19:15 - 20:00 NoGi Drills & Techniques	19:15 - 20:00 BJJ Drills & Techniques	19:15 - 20:00 NoGi Leglocks Advanced - Coloured Ranks	19:15 - 20:00 BJJ Drills & Techniques		
20:00 - 20:30 NoGi Sparring	20:00 - 20:30 BJJ Sparring	20:00 - 20:30 NoGi Leglocks Sparring Advanced - Coloured Ranks	20:00 - 20:30 BJJ Sparring		