

TIMETABLE

EFFECTIVE 01/11/2025

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	FROM 6:00 Private Muay Thai Coaching <i>Seperate from your membership fees</i>
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					
15:45 - 16:30 Kids (4-7 yrs)	15:45 - 16:30 Junior (8-12 yrs)	15:45 - 16:30 Kids (4-7 yrs)	15:45 - 16:30 Junior (8-12 yrs)	16:00 - 17:30 JUNIOR FIGHTER TRAINING	
16:30 - 17:30 JUNIOR FIGHTER TRAINING	16:30 - 17:00 Junior Sparring	16:30 - 17:30 JUNIOR FIGHTER TRAINING	16:30 - 17:00 Junior Sparring	16:30 - 17:30 Teens	
17:30 - 18:30 Fundamental Class	17:30 - 18:15 Womens only Muay Thai	17:30 - 18:30 Fundamental Class	17:30 - 18:30 Fundamental Class	17:30 - 18:30 Fundamental Class	
18:00 - 19:30 Intermediate Class	18:00 - 20:00 FIGHTER TRAINING	18:00 - 19:30 Intermediate Class	18:00 - 20:00 FIGHTER TRAINING	18:00 - 19:30 Intermediate Class	18:00 - 20:00 FIGHTER TRAINING
				17:30 - 19:00 All Levels Sparring	
GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA	GRAPPLING AREA
10:00 - 11:30 AM ★ INVITATION ONLY COMP CLASS ★				10:00 - 11:30 AM ★ INVITATION ONLY COMP CLASS ★	9:30 - 11:00 AM NoGi Drills, Techniques & Sparring
AFTERNOON/EVENING GRAPPLING CLASSES					
16:30 - 17:15 Junior Grappling	 16:30 - 17:15 KIDS LEVEL UP	16:30 - 17:15 Junior Grappling	 16:30 - 17:15 KIDS LEVEL UP	16:30 - 17:15 Junior Grappling	
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	17:15 - 18:00 MMA
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 - 20:15 MMA	19:15 - 20:00 NoGi Leglocks Advanced	19:15 - 20:15 MMA	19:15 - 20:15 MMA	
20:00 - 20:30 NoGi Sparring		20:00 - 20:30 NoGi Leglocks Advanced Sparring			
					ANY DAY & TIME Private Grappling Coaching <i>Seperate from your membership fees</i>