

# 2021 CLASS TIMETABLE

	MON	TUES	WED	THURS	FRI		
12pm - 1pm	<b>BOXING</b> general	<b>MUAY THAI</b> general	<b>BOXING</b> general	<b>MUAY THAI</b> general	<b>BOXING</b> general	9am - 9.45	<b>KIDS BJJ</b> (all ages)
12pm - 1pm	<b>NO GI</b> fundamentals	<b>GI BJJ</b> fundamentals	<b>NO GI</b> fundamentals	<b>GI BJJ</b> fundamentals	<b>MMA</b> fundamentals	9am - 10am	<b>BOXING</b> fundamentals
4.30pm - 5.15pm	<b>KIDS BJJ</b> (5-8yrs)		<b>KIDS BJJ</b> (5-8yrs)			9am - 10.30	<b>MUAY THAI</b> general
5pm - 6pm	<b>WRESTLING</b>	<b>MMA</b> fundamentals		<b>MMA</b> fundamentals		10am - 11am	<b>GI BJJ</b> fundamentals
5.15pm - 6pm	<b>KIDS BJJ</b> (9+ yrs)		<b>KIDS BJJ</b> (9+ yrs)			11am - 12pm	<b>WRESTLING</b>
6pm - 7pm	<b>BOXING</b> fundamentals	<b>MUAY THAI</b> fundamentals	<b>BOXING</b> fundamentals	<b>MUAY THAI</b> fundamentals	<b>BOXING</b> conditioning (6 - 7.30)		
6pm - 7pm	<b>GI BJJ</b> fundamentals	<b>NO GI</b> fundamentals	<b>GI BJJ</b> ADVANCED	<b>WRESTLING</b>	<b>GENE LeBELL</b> <b>COMP CLASS</b> (6pm - 8pm)		
7pm - 8pm	<b>BOXING</b> general	<b>MUAY THAI</b> general	<b>BOXING</b> ADVANCED	<b>MUAY THAI</b> ADVANCED			<b>CLOSED</b>
7pm - 8pm	<b>GI BJJ</b> ADVANCED	<b>NO GI</b> fundamentals	<b>GI BJJ</b> fundamentals	<b>NO GI</b> fundamentals			

