

CLASS TIMETABLE

	MON	TUES	WED	THURS	FRI		SAT
12pm	NO GI fundamentals	GI BJJ fundamentals	NO GI fundamentals	GI BJJ fundamentals	NO GI fundamentals	9 - 10am	GI BJJ fundamentals
						9 - 10.30am	MUAY THAI general
4.30pm	KIDS GI BJJ (5-8yrs)		KIDS GI BJJ (5-8yrs)		KIDS NO GI BJJ (5-8yrs)	9 - 10.30am	BOXING general
5pm		MMA general		MMA fundamentals			
5.15pm	KIDS GI BJJ (9+ yrs)		KIDS GI BJJ (9+ yrs)		KIDS NO GI BJJ (9+ yrs)		CLOSED
6pm	MUAY THAI fundamentals	BOXING fundamentals	MUAY THAI fundamentals	BOXING fundamentals	MUAY THAI fundamentals (6-7.30pm)		
6pm	GI BJJ fundamentals	MMA fundamentals	GI BJJ ADVANCED	WRESTLING	BOXING conditioning (6-7.30pm)		
6pm	GI BJJ foundations				GENE LeBELL COMP CLASS (6pm - 8pm)		
7pm	MUAY THAI general	BOXING general	MUAY THAI general	BOXING general			
7pm	GI BJJ ADVANCED	NO GI fundamentals	GI BJJ fundamentals	NO GI fundamentals			
7pm		NO GI foundations					

