

# 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 - 10.30am MUAY THAI general
						9 - 10.30am BOXING general
4.30pm	KIDS GI BJJ (5-8yrs)		KIDS GI BJJ (5-8yrs)		KIDS NO GI BJJ (5-8yrs)	10 - 11am GI BJJ fundamentals
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				

