

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Private Tuition	Gym Closed
10:30am						Brazilian Jiu-Jitsu - All Levels	
11:00am							
12pm						Open Mat - Drilling & Sparring	
1pm - 4pm				Open Mat - Drilling & Sparring	Gym Closed	Gym Closed	
5pm							Muay Thai - Children
6pm							
7pm				Boxing - All Levels & Brazilian Jiu-Jitsu - All	Muay Thai - All Levels	Boxing - All Levels & Brazilian Jiu-Jitsu - All	Muay Thai - All Levels
8pm - 9pm	Continued until 8:30pm - Brazilian Jiu-Jitsu - All	Muay Thai - Sparring & Mixed Martial Arts	Continued until 8:30pm - Brazilian Jiu-Jitsu - All	Muay Thai - Sparring & Mixed Martial Arts	Gym Closed		