

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