

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	06:30 - 07:30 BJJ GI ALL LEVELS	06:30 - 07:30 MUAY THAI ALL LEVELS	06:30 - 7:30 BJJ NO GI ALL LEVELS	06:30 - 07:30 MUAY THAI ALL LEVELS	06:30 - 07:30 BJJ GI ALL LEVELS		
07:00							
07:30							
08:00							
08:30							
09:00						08:40 - 09:30 KETTLEBELL S&C	
09:30						09:00 - 10:30 WOMENS ONLY BJJ	
10:00	10:15 - 11:00 COMBAT CONDITIONING				10:15 - 11:00 COMBAT CONDITIONING		09:30 - 10:30 BJJ 9 - 14 YEARS
10:30							
11:00	11:00 - 12:00 BOXING ALL LEVELS	11:00 - 12:00 Yoga (PiYo)	10:45 - 11:15 KETTLEBELL S&C	11:00 - 12:00 BOXING ALL LEVELS	11:00 - 12:00 BOXING ALL LEVELS		10:30 - 11:30 Yoga (Upstairs mat)
11:30							10:30 - 12:00 WRESTLING ALL LEVELS
12:00	12:00 - 13:00 BJJ GI ALL LEVELS	12:00 - 13:30 BJJ NO GI ALL LEVELS WITH SPARRING	12:00 - 13:30 BJJ GI ALL LEVELS	12:00 - 13:30 MUAY THAI ALL LEVELS	12:00 - 13:00 BJJ GI ALL LEVELS		12:00 - 13:00 MUAY THAI KIDS & TEENS
12:30						12:30 - 13:30 MUAY THAI ALL LEVELS	12:00 - 13:00 BJJ OPEN MAT
13:00							
13:30	13:30 - 14:30 MMA ALL LEVELS	13:00 - 14:30 MUAY THAI ALL LEVELS WITH SPARRING	13:30 - 14:30 MMA ALL LEVELS		13:00 - 14:00 BJJ SPARRING		13:00 - 14:30 MUAY THAI ALL LEVELS
14:00							
14:30	OPEN MAT UNTIL 15:30	OPEN MAT UNTIL 15:30	OPEN MAT UNTIL 15:30	OPEN MAT UNTIL 15:30	OPEN MAT UNTIL 15:30	13:45 - 14:45 BJJ NO GI ALL LEVELS	
15:00						14:45 - 16:15 MMA ALL LEVELS WITH SPARRING	14:30 - 15:30 MUAY THAI COMPETITION TRAINING INVITATION ONLY
15:30						14:45 - 15:45 NO GI OPEN MAT	
16:00							
16:30	16:15 - 17:00 BJJ AGE 5-8		16:15 - 17:00 BJJ AGE 5-8	16:15 - 17:00 KIDS PEEWEE BJJ	16:15 - 17:00 BJJ AGE 5-8		16:00 - 17:00 BJJ NO GI TEENS (13-17grs)
17:00	17:00 - 17:50 BJJ AGE 9-14	16:30 - 18:00 KIDS COLOUR BELT COMPETITION CLASS (INVITE ONLY)	17:00 - 17:50 BJJ AGE 9-14	16:30 - 17:15 KIDS MUAY THAI 8-16 YRS	17:00 - 17:50 BJJ AGE 9-14		
17:30				17:15 - 18:00 KIDS WRESTLING 8-15 YRS			
18:00	18:00 - 19:00 BJJ GI ALL LEVELS	18:00 - 19:00 BJJ GI ALL LEVELS	18:00 - 19:00 BJJ NO GI ALL LEVELS	18:00 - 19:30 WRESTLING ALL LEVELS	18:00 - 19:00 BJJ GI ALL LEVELS		
18:30							
19:00	19:00 - 20:00 BJJ NO GI ALL LEVELS	18:00 - 19:00 BJJ GI SPARRING	18:00 - 19:00 BJJ GI ALL LEVELS	19:00 - 20:00 Yoga (PiYo)	19:00 - 20:00 MMA ALL LEVELS	19:00 - 20:00 BJJ SPARRING	
19:30							
20:00	20:00 - 21:00 MUAY THAI ALL LEVELS	20:00 - 21:00 MUAY THAI CLINCH	20:00 - 21:00 MUAY THAI ALL LEVELS	19:30 - 21:00 BJJ NO GI ADVANCED CLASS	19:30 - 21:00 BJJ BEGINNERS	20:00 - 21:30 MUAY THAI ALL LEVELS	
20:30		20:00 - 21:30 BOXING BEGINNERS					
21:00	21:00 - 22:00 MUAY THAI ALL LEVELS	21:00 - 22:00 MUAY THAI SHARK TANK	21:00 - 22:00 MUAY THAI BEGINNERS	21:00 - 22:00 MUAY THAI ADVANCED	21:00 - 22:00 MUAY THAI CLINCH		
21:30							



Gym Opening Hours & Functional Training Area Access Times:

Monday to Friday: 10:30 – 22:00

Saturday: 10:00 – 16:30

Sunday: 9:30 – 14:45

Trials & Introductions:

BJJ Adult: Mondays, Wednesday and Friday at 19:00 (1.5HR)

Kids & All disciplines: www.thegauntletfightacademy.com/book-online

Club Contacts: reception.gfa@gmail.com (email) // [07512098762](https://www.whatsapp.com/channel/00299a61111111111111) (What'sApp) // [1A Haven Green, Ealing Broadway W52UU](https://www.google.com/maps/place/1A+Haven+Green,+Ealing+Broadway+W52UU) (Location)

FAQ SHEET



Direct Debit Membership Options

Access to gym & open mat 7 days a week

- **ADULT BASIC** - £80 Monthly - Train two days per week
- **ADULT PREMIUM** - £125 Monthly - Unlimited Training
- **ADULT OFF PEAK** - £90 Monthly - Unlimited Training Weekdays till 15:30
- **NON COMBAT** - £50 Monthly - Unlimited Yoga & Conditioning

Non Direct Debit Membership Options

ADULT CLASS BUNDLE - £160 for 10 classes (6 months expiry)

- **UP FRONT MEMBERSHIP**
- **1 Month** £95 Adult Basic/£140 Adult Premium / £105 Off Peak
- **6 months** - 7% discount, no joining fee
- **12 months** - one month free, no joining fee

Membership T&Cs

- We're so confident you'll love your training here, our membership are no contract.
- All Direct Debit Memberships are monthly rolling and require a 30 days notice to cancel which must be given in writing.
- Our standard joining fee is £25
- Membership freeze or changes (upgrade or downgrade must be requested in writing 2 weeks before payment date.

Kids Membership

- **KIDS BASIC** - £50 Monthly - Train One Day Per Week
- **KIDS UNLIMITED** - £80 Monthly - Unlimited

Equipment Requirements

- **BJJ** - Adults and Kids - White GFA Gi & GFA rashguard
- **No Gi** - GFA Rashguard and Shorts (no zips or pockets)
- **Wrestling** - GFA Rashguard & Shorts (no zips or pockets)
- **Muay Thai** - Lycra or Dry Fit top & Shorts (no zips or pockets) Boxing Gloves 14oz or 16oz Hand Wraps, Shin Guards, Mouthguard
- **Boxing** - Lycra or Dry Fit top & Shorts (no zips or pockets) Boxing Gloves 14oz or 16oz, Hand Wraps, Mouthguard
- **MMA** - GFA Rashguard & Shorts (no zips or pockets).

Important Info

- Once your membership has started, you must book your classes via our app **yourapplus**.
- When you scan your membership card you'll be checked in for class.
- If you book and no-show 2 times in a 7 day period, you'll get a 3 day booking penalty.



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www.thegauntletfightacademy.com