	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	06:30 - 07:30 BJJ 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 ALL LEVELS		
07:00							
07:30							
08:00							
08:30							
09:00						08:40 - 09:30 KETTLEBELL S&C	
09:30							
10:00							09:30 - 10:30 BJJ 8 - 14 YEARS
10:30							10:30 - 12:00 WRESTLING ALL LEVELS / 10:30 - 12:00 BJJ OPEN MAT
11:00			11:45 - 12:30 KETTLEBELL S&C				
11:30						11:30 - 12:30 MUAY THAI KIDS AND FAMILY	
12:00	12:00 - 13:00 BJJ ALL LEVELS	12:00 - 13:00 BJJ NO GI ALL LEVELS	12:00 - 13:00 BJJ ALL LEVELS	12:00 - 13:00 MUAY THAI ALL LEVELS	12:00 - 13:00 BJJ ALL LEVELS		12:00 - 13:30 MUAY THAI ALL LEVELS
12:30						12:30 - 13:30 MUAY THAI ALL LEVELS	
13:00	13:00 - 14:00 BJJ OPEN SPARRING	13:00 - 14:00 BJJ NO GI OPEN SPARRING	13:00 - 14:00 BJJ OPEN SPARRING	13:00 - 14:00 MUAY THAI INTERMEDIATE	13:00 - 14:00 BJJ OPEN SPARRING		
13:30							
14:00	14:00 - 15:30 OPEN MAT	14:00 - 15:30 OPEN MAT	14:00 - 15:30 OPEN MAT	14:00 - 15:30 OPEN MAT	14:00 - 15:30 OPEN MAT	13:45 - 14:45 BJJ NO GI ALL LEVELS	
14:30							
15:00						14:45 - 16:15 MMA ALL LEVELS	
15:30							
16:00							
16:30	16:15 - 17:00 BJJ 4-7 YEARS		16:15 - 17:00 BJJ 4-7 YEARS		16:15 - 17:00 BJJ 4-7 YEARS		
17:00	17:00 - 17:50 BJJ 8 -14 YEARS		17:00 - 17:50 BJJ 8 - 14 YEARS	17:00 - 17:45 KIDS WRESTLING (8-14 YRS)	17:00 - 17:50 BJJ 8 - 14 YEARS		
17:30							
18:00	18:00 - 19:00 BJJ BEGINNERS / 18:00 - 19:00 BJJ INTERMEDIATE	18:00 - 19:00 BJJ BEGINNERS / 18:00 - 19:00 BJJ INTERMEDIATE	18:00 - 19:00 BJJ NO GI ALL LEVELS	17:45 - 18:30 KIDS BOXING 9 - 14 YEARS	18:00 - 19:00 BJJ BEGINNERS / 18:00 - 19:00 BJJ INTERMEDIATE		
18:30							
19:00	19:00 - 20:00 BJJ NO GI ALL LEVELS	19:00 - 20:00 BJJ SPARRING ONLY	19:00 - 20:00 BJJ BEGINNERS / 19:00 - 20:00 BJJ INTERMEDIATE	18:30 - 20:00 BOXING BEGINNERS / 18:30 - 20:00 BJJ INTERMEDIATE & ADVANCED	19:00 - 20:00 MMA ALL LEVELS / 19:00 - 20:00 BJJ SPARRING ONLY		
19:30							
20:00	20:00 - 21:00 MUAY THAI BEGINNERS	20:00 - 21:30 BOXING ALL LEVELS	20:00 - 21:00 MUAY THAI ALL LEVELS	20:00 - 21:30 WRESTLING ALL LEVELS	20:00 -21:00 MUAY THAI ALL LEVELS		
20:30							
21:00	21:00 - 22:00 MUAY THAI ALL LEVELS		21:00 - 22:00 MUAY THAI INTERMEDIATE & ADVANCED				
21:30							