

	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	10:15 - 11:00 COMBAT CONDITIONING						09:30 - 10:30 BJJ 9 - 14 YEARS
10:30							
11:00	11:00 - 12:00 BJJ NO GI MOBILITY & DRILLS	11:00 - 12:00 BOXING ALL LEEVELS	11:00 - 12:00 Yoga (PiYo)	11:45 - 12:30 KETTLEBELL S&C		10:30 - 11:30 Yoga (PiYo) Upstairs mat	10:30 - 12:00 WRESTLING ALL LEVELS
11:30					11:15 - 12:00 COMBAT CONDITIONING	11:00 - 12:00 BOXING ALL LEVELS	
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 - 13:30 MUAY THAI ALL LEVELS	12:00 - 13:00 BJJ ALL LEVELS	11:30 - 12:30 MUAY THAI FAMILY AND KIDS	12:00 - 13:00 BJJ OPEN MAT (ALL LEVELS)
12:30						12:30 - 13:30 MUAY THAI ALL LEVELS	
13:00	13:00 - 14:00 BJJ SPARRING	13:00 - 14:00 BJJ NO GI OPEN SPARRING	13:00 - 14:30 MUAY THAI ALL LEVELS	13:00 - 14:00 BJJ SPARRING	13:30 - 14:30 WOMENS ONLY - SELF DEFENCE - FREE CLASS - BOOK ON WEBSITE	13:00 - 14:00 BJJ COMPETITION & SPARRING	13:00 - 14:30 MUAY THAI ALL LEVELS
13:30							
14:00	14:00 - 15:30 ALL DISCIPLINE OPEN MAT	14:30 - 15:30 ALL DISCIPLINE OPEN MAT	14:00 - 15:30 ALL DISCIPLINE OPEN MAT	14:30 - 15:30 ALL DISCIPLINE OPEN MAT	14:00 - 15:30 ALL DISCIPLINE OPEN MAT	13:45 - 14:45 BJJ NO GI ALL LEVELS	
14:30						14:45 - 16:15 MMA ALL LEVELS	
15:00							
15:30							
16:00							
16:30	16:15 - 17:00 BJJ 5-8 YEARS		16:15 - 17:00 BJJ 5-8 YEARS		16:15 - 17:00 BJJ 5-8 YEARS		
17:00	17:00 - 17:50 BJJ 9 -14 YEARS		17:00 - 17:50 BJJ 9 - 14 YEARS	16:30 - 17:15 KIDS MUAY THAI 8 - 16 YEARS	17:00 - 17:50 BJJ 9 - 14 YEARS		
17:30				17:15 - 18:00 KIDS WRESTLING 8 -15 YEARS			
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	18:00 - 19:30 WRESTLING ALL LEVELS	18:00 - 19:00 BJJ BEGINNERS
18:30						19:00 - 20:00 Yoga (PiYo)	18:00 - 19:00 BJJ INTERMEDIATE
19:00	19:00 - 20:00 BJJ NO GI ALL LEVELS	19:00 - 20:00 BJJ INTERMEDIATE & ADVANCED	19:00 - 20:00 BJJ BEGINNERS	19:00 - 20:00 BJJ INTERMEDIATE	19:30 - 21:00 BJJ NO GI ADVANCED CLASS	19:30 - 21:00 BJJ BEGINNERS	19:00 - 20:00 MMA ALL LEVELS
19:30							19:00 - 20:00 BJJ SPARRING
20:00	20:00 - 21:00 MUAY THAI ALL LEVELS	20:00 - 21:00 BOXING BEGINNERS	20:00 - 21:00 MUAY THAI CLINCH	20:00 - 21:00 MUAY THAI BEGINNERS	20:00 - 21:30 MUAY THAI ALL LEVELS		
20:30							
21:00	21:00 - 22:00 MUAY THAI ALL LEVELS	21:00 - 22:00 MUAY THAI ADVANCED	21:00 - 22:00 MUAY THAI ALL LEVELS	21:00 - 22:00 MUAY THAI BEGINNERS	21:00 - 22:00 MUAY THAI ADVANCED	21:00 - 22:00 BOXING ALL LEVELS	21:00 - 22:00 MUAY THAI CLINCH
21:30							



Gym Opening Hours & Functional Training Area Access Times:

Monday to Friday: 11:00 – 22:00

Saturday: 11:30 – 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/00299a603210208762) (Whatsapp)