

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30							
07:00	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		
07:30							
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 BJJ OPEN MAT
11:00	11:00 - 12:00 BJJ NO GI FUNDAMENTALS, MOBILITY & DRILLS	11:00 - 12:00 Yoga (PiYo)	11:45 - 12:30 KETTLEBELL S&C		11:15 - 12:00 HIGH-INTENSITY INTERVAL TRAINING (HIIT)		10:30 - 12:00 WRESTLING ALL LEVELS
11:30						11:30 - 12:30 MUAY THAI FAMILY AND CHILDREN	
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 BEGINNERS & 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	21:00 - 22:00 MUAY THAI INTERMEDIATE & ADVANCED	13:00 - 14:00 BJJ OPEN SPARRING		
13:30							
14:00						13:45 - 14:45 BJJ NO GI ALL LEVELS	
14:30	14:00 - 15:30 OPEN MAT	14:00 - 15:30 OPEN MAT	14:00 - 15:30 OPEN MAT	14:00 - 16:00 OPEN MAT	14:00 - 15:30 OPEN MAT	14:45 - 16:15 MMA ALL LEVELS	
15:00							
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 WRESTLING 8 - 14 YEARS	17:00 - 17:50 BJJ 8 - 14 YEARS		
17:30							
18:00	18:00 - 19:00 BJJ BEGINNERS	18:00 - 19:00 BJJ BEGINNERS	18:00 - 19:00 BJJ NO GI ALL LEVELS	17:45 - 18:30 BOXING 9 - 14 YEARS	18:00 - 19:00 BJJ BEGINNERS	18:00 - 19:00 BJJ INTERMEDIATE	
18:30	18:00 - 19:00 BJJ INTERMEDIATE	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	18:30 - 20:00 BOXING ALL LEVELS	18:30 - 20:00 BJJ ADVANCED	19:00 - 20:00 MMA ALL LEVELS
19:30					19:00 - 19:45 Yoga (PiYo)		19:00 - 20:00 BJJ SPARRING ONLY
20:00	20:00 - 21:00 MUAY THAI BEGINNERS & ALL LEVELS	20:00 - 21:30 BOXING BEGINNERS & ALL LEVELS	20:00 - 21:00 MUAY THAI BEGINNERS & 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 INTERMEDIATE & ADVANCED		21:00 - 22:00 MUAY THAI INTERMEDIATE & ADVANCED				
21:30							

