

	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	FACILITIES CLOSED						
08:30	FACILITIES CLOSED						
09:00	FACILITIES CLOSED					08:40 - 09:30 KETTLEBELL S&C	
09:30	FACILITIES CLOSED						
10:00	FACILITIES CLOSED						09:30 - 10:30 BJJ 9 - 14 YEARS
10:30	COMING SOON		COMING SOON				
11:00	11:00 - 12:00 BJJ NO GI MOBILITY & DRILLS	10:30 - 12:00 NO GI ADVANCED (COLOUR BELT & COMPETITOR ONLY)		10:30 - 12:00 NO GI ADVANCED (COLOUR BELT & COMPETITOR ONLY)		10:30 - 11:30 Yoga (PiYo) Upstairs mat	10:30 - 12:00 WRESTLING ALL LEVELS
11:30		11:00 - 12:00 Yoga (PiYo) Upstairs mat			11:15 - 12:00 HIIT FITNESS		
12:00	12:00 - 13:00 BJJ ALL LEVELS	12:00 - 13:00 BJJ NO GI ALL LEVELS	11:45 - 12:30 KETTLEBELL S&C	12:00 - 13:00 BJJ ALL LEVELS	12:00 - 13:30 MUAY THAI ALL LEVELS	11:00 - 12:00 BOXING ALL LEVELS	
12:30							12:00 - 13:00 BJJ OPEN MAT (ALL LEVELS)
13:00	13:00 - 14:00 BJJ COMPETITION & SPARRING	13:00 - 14:00 BJJ NO GI OPEN SPARRING	13:00 - 14:00 BJJ COMPETITION & SPARRING	13:30 - 14:30 WOMENS ONLY - SELF DEFENCE FREE CLASS - BOOK ON OUR WEBSITE	13:00 - 14:00 BJJ COMPETITION & SPARRING	11:30 - 12:30 MUAY THAI FAMILY AND KIDS	12:00 - 13:00 BJJ WOMENS ONLY
13:30						12:30 - 13:30 MUAY THAI ALL LEVELS	
14:00							13:00 - 14:30 MUAY THAI ALL LEVELS
14:30	14:00 - 15:30 ALL DISCIPLINE OPEN MAT	14:00 - 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	
15:00						14:45 - 16:15 MMA ALL LEVELS	
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 8-15 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	
18:30						19:00 - 20:00 Yoga (PiYo) Upstairs mat	
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		19:00 - 20:00 MMA ALL LEVELS	19:00 - 20:00 BJJ SPARRING
19:30					19:30 - 21:00 BJJ NO GI COMPETITION CLASS		
20:00	20:00 - 21:00 MUAY THAI BEGINNERS	20:00 - 21:00 MUAY THAI INTERMEDIATE	20:00 - 21:30 BOXING ALL LEVELS	20:00 - 21:30 MUAY THAI CLINCHING & COMPETITION			20:00 - 21:30 MUAY THAI ALL LEVELS
20:30							
21:00	21:00 - 22:00 MUAY THAI COMPETITION & SPARRING			21:00 - 22:00 MUAY THAI COMPETITION & SPARRING	21:00 - 22:00 BOXING ALL LEVELS		
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 – 14:30

Trials & Introductions:

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

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