

TRAINING GROUNDS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6							
7	Boxing 6:30 - 7:30 Ayo Odeyale	Muay Thai 6:30 - 7:30 Scott Ireland BJJ No Gi 6:30 - 7:30 Tim Brogan	Boxing Advanced 6:30 - 7:30 Ayo Odeyale Muay Thai Sparring 6:30 - 7:30 Scott Ireland	Boxing 6:30 - 7:30 Ayo Odeyale BJJ Gi 6:30 - 7:30 Scott Ireland		Muay Thai 6:30 - 7:30 Scott Ireland	
8						Boxing Intermediate 8:00 - 9:00 Ayo Odeyale	
9						Boxing Sparring 9:00 - 9:30 Ayo Odeyale	BJJ Gi Women's Roll 9:00 - 11:00 (please contact us to confirm)
10							
11						BJJ Kids 8-12yr 9:00 - 10:00 Wayne Miller	
12	BJJ Gi 12:30 - 13:30 Caio Beltrao	Muay Thai 12:30 - 13:30 Caio Beltrao	BJJ Gi 12:30 - 13:30 Caio Beltrao	BJJ Open Mat 12:30 - 13:30 Caio Beltrao	BJJ Gi 12:30 - 13:30 Caio Beltrao	BJJ Gi Competition 10:00 - 11:30	
13			Boxing 12:30 - 13:30 Ayo Odeyale	Muay Thai 12:30 - 13:30 Chris Galetti	Boxing 12:30 - 13:30 Ayo Odeyale		
14							
15							
16		BJJ Kids 4-7yr 16:00 - 16:50 Wayne Miller					
17	Muay Thai Free Trial 17:30 - 18:00	BJJ Kids 8-12yr 16:50 - 17:50 Wayne Miller	Muay Thai Kids 17:00 - 17:45 Scott Ireland Boxing Free Trial 17:30 - 18:00 Vera Wintermayr	BJJ Gi 17:30 - 18:00 Caio Beltrao			BJJ Kids All ages 17:00-18:00 Wayne Miller
18	Muay Thai Fundamentals 18:00 - 19:00 Dave Barlow BJJ No Gi 18:00 - 19:30 Scott Ireland	BJJ Gi Fundamentals 18:00 - 19:00 Scott Ireland Boxing Fundamentals 18:00 - 19:00 Ayo Odeyale	Boxing Fundamentals 18:00 - 19:00 Vera Wintermayr MMA 18:00 - 19:00 Scott Ireland	BJJ Gi Fundamentals 18:00 - 19:00 Caio Beltrao Muay Thai Advanced 18:00 - 19:00 Scott Ireland	BJJ Gi Intermediate 18:00 - 19:00 Caio Beltrao Muay Thai Intermediate 18:00 - 19:00 Chris Galetti		BJJ 18:00-19:00 Wayne Miller
19	Boxing 19:00 - 20:00 Ayo Odeyale	Muay Thai Intermediate 19:00 - 20:00 Scott Ireland BJJ Gi Advanced 19:00 - 20:30 Caio Beltrao	Muay Thai Fundamentals 19:00 - 20:00 Chris Galletti BJJ Gi Intermediate 19:00 - 20:00 Caio Beltrao	BJJ Gi Advanced 19:00 - 20:30 Caio Beltrao Boxing Advanced 19:00 - 20:00 Ayo Odeyale			
20							
21							