

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
6:30AM	Muay Thai 'Sparring' (Scott)	Muay Thai 'All Levels' (Scott)	Boxing 'All Levels' (Ayo)	Boxing 'All Levels' (Jamie)	Muay Thai 'All Levels' (Scott)		
		BJJ 'Gi Intermediate' (Tim)	Women's BJJ 'All Levels' (Sarah)	BJJ 'GI Intermediate' (Scott)	8.00 AM	BJJ Teens (13-15yrs)	
		Boxing 'Sparring' (Ayo)				Boxing 'Intermediate' (Ayo) 1hr	
9:00AM		<u>Class Location:</u>	<u>Striking / Downstairs</u>			Boxing 'Sparring' (Ayo) 30mins	
			<u>MMA (Cage) / Upstairs</u>			BJJ Kids (4-6yrs)	
9:30AM			<u>BJJ Mat / Upstairs</u>			Muay Thai 'All Levels' (Scott)	
10:00AM						BJJ Kids (7+yrs)	
10:30AM						BJJ 'GI/No GI' Open Mat (Scott)	
12.30PM	Boxing 'All Levels' (Jason)	Muay Thai 'All Levels' (Caio)	Boxing 'All Levels' (Jason)	Muay Thai 'All Levels' (Chris)	Boxing 'All Levels' (St John)		
	BJJ 'All Levels' (Caio)		BJJ 'All levels' (Caio)		BJJ 'All Levels' (Caio)		
4:00PM		BJJ Kids (4-6yrs)		BJJ Kids (4-6yrs)			
4.30PM			Muay Thai Kids (4 - 7yrs)				
5:00PM		BJJ Kids (7yrs +)	Muay Thai Kids (8+ Yrs)	BJJ Kids (7yrs +)			BJJ Kids 'All ages' (Wayne)

Timetable Continued - 5pm - 7.00pm .

5:30PM			Boxing 'Fundamentals' (Ayo) 1hr	BJJ Intro Class (Caio)			
5.50PM	Muay Thai 'Fundamentals' (Dave)	Boxing 'Fundamentals' (Vera) 1hr		Muay Thai 'Advanced' (Scott) 1hr			
6:00PM	BJJ 'No Gi Intermediate' (Scott)	BJJ 'Fundamentals' (Scott)	BJJ 'No Gi Intermediate' (Scott)	BJJ 'Fundamentals' (Caio)	Muay Thai 'Intermediate' (Chris) 1hr		BJJ 'Fundamentals' (Wayne) 1hr
	Muay Thai 'Beginner's' (Dani) 1hr		Boxing 'Beginners' (Dani) 1hr		BJJ 'Gi Intermediate" (Caio)		
6:30PM		BJJ 'Advanced' (Eric)	Boxing Intermediate (Ayo) 1hr	BJJ 'Advanced' (Eric)			
7:00pm	Muay Thai 'Advanced' (Dave) 1hr	Muay Thai 'Intermediate' (Scott) 1hr	Muay Thai 'Fundamentals' (Chris) 1hr	Boxing 'Advanced' (Ayo) 1hr			
	Boxing 'Intermediate' (Ayo) 1hr		BJJ 'Gi Intermediate' (Caio)				