

# TRAINING GROUNDS CROWS NEST TIMETABLE, as at 1 FEB 2021

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' (Jason)	Muay Thai 'All Levels' (Scott)		
		BJJ 'Gi Intermediate' (Tim)	Women's BJJ 'All Levels' (Sarah)	BJJ 'Gi Intermediate' (Scott)			
		Boxing 'Sparring' (Ayo)					
8.00 AM						BJJ Teens (13-15yrs)	
						Boxing 'All Levels' (Ayo) 1hr	
9:00AM						Boxing 'Sparring' (Ayo) 30mins	
		<b>Class Location:</b>	<b>Striking / Downstairs</b>			BJJ Kids (4-6yrs) Wayne	
9:30AM			<b>MMA (Cage) / Upstairs</b>			Muay Thai 'All Levels' (Jaime)	
			<b>BJJ Mat / Upstairs</b>			Wrestling (Scott)	
10.00AM						BJJ Kids (7+yrs) Wayne	
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' (Jamie Rae)	Boxing 'All Levels' (Jamie Rae)		
	BJJ 'All Levels' (Caio)		BJJ 'All levels' (Caio)		BJJ 'All Levels' (Caio)		
4:00PM		BJJ Kids (4-6yrs) Wayne		BJJ Kids (4-6yrs) Wayne			
5:00PM	Muay Thai Kids (6yrs+) Dani	BJJ Kids (7yrs) Wayne	Muay Thai Kids (6yrs) Scott	BJJ Kids (7yrs) Wayne			Kids BJJ - All ages (Wayne)

Continued on next page

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