

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|----------------|---|-------|---|-------|------------------------------------|--|--|-------|--|-------|--|--|------------------------------------|-----------------------------------|
| | Mat A | Mat B | Mat A | Mat B | Mat A | Mat B | Mat A | Mat B | Mat A | Mat B | Mat A | Mat B | Mat A | Mat B |
| 08:30 - | | | | | | | | | | | Opens at 08:00 08:00-09:00 | | | |
| | | | | | | | | | | | Advanced MMA (invite only) | | Opens at 09:00 | |
| 9:30 - | Opens at 09:00 | | Opens at 09:00 | | Opens at 09:00 | | Opens at 09:00 | | Opens at 09:00 | | | | | |
| | 09:30-10:30 Fighting Fit | | 09:30-10:30 Fighting Fit | | 09:30-10:30 Fighting Fit | | 09:30-10:30 Fighting Fit | | 09:30-10:30 Fighting Fit | | 09:30-10:30 Junior Wrestling** | 09:30-11:00 Wrestling for MMA | 09:30-11:00 MMA | |
| 10:30 - | | | | | | | | | | | | | | |
| | 11:00-12:30 Brazilian Jiu Jitsu | | | | | | 11:00-12:30 No-Gi BJJ (submission grappling) | | 11:00-12:30 MMA | | 11:00-12:00 Junior MMA (Cadets) | | 11:00-12:00 Fighting Fit | |
| 12:30 - | | | 12:00-13:30 MMA Striking | | 12:00-13:30 MMA | | | | | | 12:00-12:45 Junior MMA (Fundamentals) | 12:00-13:00 Junior MMA (Fundamentals) | 12:00-13:00 Junior BJJ (gi)*** | 12:00-13:00 Junior BJJ (gi)*** |
| | | | | | | | 13:30-14:30 MMA Fundamentals | | | | 12:45-13:45 Junior MMA (Core) | | 13:00-14:00 Junior MMA (Cadets) | |
| 13:30 - | 14:00-15:00 Fighting Fit | | 14:00-15:00 Fighting Fit | | 14:00-15:00 Fighting Fit | | | | 14:00-15:00 Fighting Fit | | 13:45-14:45 Fighting Fit | | 14:00-15:00 Junior MMA (Core) | |
| | | | | | | | | | | | 14:45-15:45 Women's MMA | | | |
| 14:30 - | | | | | | | | | | | | | Closes at 15:30 | |
| | 16:15-17:00 Junior MMA (Fundamentals) | | 16:30-17:30 Junior BJJ (gi)*** | | 16:15-17:00 Junior MMA (Core) | | 16:15-17:00 Junior MMA (Fundamentals) | | 16:15-17:00 Junior MMA (Fundamentals) | | Closes at 16:15 | | | |
| 16:30 - | 17:00-18:00 Junior MMA (Core) | | Junior Sparring (MMA/BJJ)* | | 17:00-17:45 Junior MMA (Cadets) | | 17:00-18:00 Junior MMA (Core) | | 17:00-18:00 Junior BJJ (gi)*** | | | | | |
| | 18:00-19:00 Fighting Fit | | 18:00-19:00 Junior MMA (Cadets) | | 17:45-18:30 Fighting Fit | | 18:00-18:45 Fighting Fit | | 18:00-19:00 Junior MMA (Cadets) | | | | | |
| 17:30 - | 19:00-20:15 No-Gi BJJ (submission grappling) | | 19:00-20:00 Fighting Fit | | 18:30-19:30 Beginners' Course** | 18:30-20:00 Nogi BJJ (submission grappling) | 18:45-20:00 MMA | | 19:00-19:45 Fighting Fit | | | | | |
| | 20:15-21:30 MMA Striking | | 20:00-21:30 No-Gi BJJ (submission grappling) | | 20:00-21:30 MMA | | 20:00-21:30 Brazilian Jiu Jitsu | | 19:45-21:15 MMA | | | | | |
| 18:30 - | | | | | | | | | | | | | | |
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| 19:30 - | | | | | | | | | | | | | | |
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| 20:30 - | | | | | | | | | | | | | | |
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| 21:30 - | | | | | | | | | | | | | | |
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| Closes at 10pm | | | | | | | | | | | | | | |

-----Adults-----

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| | Adult Classes |
| | Open Mat |
| | Gym Closed |

-----Juniors-----

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| | Junior MMA Classes |
| | Junior BJJ & Wrestling** |
| | Junior Sparring* |

* Must have full protective gear

** 4wk courses to introduce inexperienced non-to martial arts

*** 8 year olds and above or invitation only

(Periodically class times may be altered to allow for us to run certain events. In the event of this, any changes/updates will always be shown on GymSync.)