

	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 09:00		Opens at 09:00		Opens at 09:00		Opens at 09:00		Opens at 09:00		Opens at 08:00		Opens at 09:00	
											08:00-09:00			
9:30	Fighting Fit		Fighting Fit		Fighting Fit		Fighting Fit		Fighting Fit		Advanced MMA (invite only)		MMA	
											09:30-10:30			
10:30	Brazilian Jiu Jitsu		MMA Striking		MMA		No-Gi BJJ (submission grappling)		MMA		Junior Wrestling**		MMA	
											09:30-10:30			
11:30	Brazilian Jiu Jitsu		MMA Striking		MMA		No-Gi BJJ (submission grappling)		MMA		Junior MMA (Cadets)		Fighting Fit	
											11:00-12:30			
12:30	Fighting Fit		MMA Striking		MMA		MMA Fundamentals		Fighting Fit		Junior MMA (Fundamentals)		Junior MMA (gi)***	
											12:00-13:30			
13:30	Fighting Fit		MMA Striking		MMA		MMA Fundamentals		Fighting Fit		Junior MMA (Core)		Junior MMA (Cadets)	
											12:00-13:00		12:00-13:00	
14:30	Fighting Fit		Fighting Fit		Fighting Fit		MMA Fundamentals		Fighting Fit		Fighting Fit		Junior MMA (Core)	
											12:45-13:45		13:00-14:00	
15:30	Fighting Fit		Fighting Fit		Fighting Fit		MMA Fundamentals		Fighting Fit		Closes at 15:15		Closes at 15:30	
											13:45-14:45		14:00-15:00	
16:30	Junior MMA (Fundamentals)		Junior BJJ (gi)***		Junior MMA (Core)		Junior MMA (Fundamentals)		Junior MMA (Fundamentals)		Closes at 15:15		Closes at 15:30	
	16:15-17:00		16:30-17:30		16:15-17:00		16:15-17:00		16:15-17:00					
17:30	Junior MMA (Core)		Junior Sparring (MMA/BJJ)*		Junior MMA (Cadets)		Junior MMA (Core)		Junior BJJ (gi)***		Closes at 15:15		Closes at 15:30	
	17:00-18:00		17:00-18:00		17:00-17:45		17:00-18:00		17:00-18:00					
18:30	Fighting Fit		Junior MMA (Cadets)		Fighting Fit		Fighting Fit		Junior MMA (Cadets)		Closes at 15:15		Closes at 15:30	
	18:00-19:00		18:00-19:00		17:45-18:30		18:00-18:45		18:00-19:00					
19:30	No-Gi BJJ (submission grappling)		Fighting Fit		Beginners' Course**		Nogi BJJ (submission grappling)		MMA		Closes at 15:15		Closes at 15:30	
	19:00-20:15		19:00-20:00		18:30-19:30		18:30-20:00		18:45-20:00					
20:30	MMA Striking		No-Gi BJJ (submission grappling)		MMA		Brazilian Jiu Jitsu		MMA		Closes at 15:15		Closes at 15:30	
	20:15-21:30		20:00-21:30		20:00-21:30		20:00-21:30		20:00-21:30					
21:30	Closes at 10pm		Closes at 10pm		Closes at 10pm		Closes at 10pm		Closes at 21:30		Closes at 15:15		Closes at 15:30	

-----Adults-----

	Adult Classes
	Open Mat
	Gym Closed

-----Juniors-----

	Junior MMA Classes		Junior BJJ & Wrestling**
	Junior MMA Classes		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.)