

Sheet1

MMA & GRAPPLE ZONE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0715 – 0800						CLOSED	
0800 – 0900						CLOSED	
0900 – 1000							
1000 – 1100						OPEN GYM	
1100 – 1130						OPEN GYM	
1130 – 1200						OPEN GYM	Family Kung Fu
1200 – 1300						PRIVATE	Family Kung Fu
1300 – 1400						PRIVATE	
1400 – 1430						PRIVATE	
1430 – 1600						PRIVATE	
1600 – 1630						PRIVATE	
1630 – 1730	BJJ 'Kids'	Kids Kung Fu	BJJ 'Kids'	Kids Kung Fu	BJJ 'Kids'	PRIVATE	
1730 – 1830	* Kids G 'n' S		* Kids G 'n' S		* Kids G 'n' S		
1800 – 1900		BJJ Basics		BJJ Basics			
1900 – 2030	BJJ	BJJ	BJJ No-Gi	BJJ	BJJ		
2030 – 2200	MMA	Kung Fu	MMA	Kung Fu	MMA		
2200	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

NOTES- * Timetable is subject to change! * Kids Grapple 'n' Strike and Kids Kung Fu classes COMING SOON!

STRIKE & HYBRID ZONE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0715 – 0800						CLOSED	
0800 – 0900						CLOSED	
0900 – 1000							
1000 – 1100							
1100 – 1130							
1130 – 1200						OPEN GYM	
1200 – 1300						OPEN GYM	
1300 – 1400						OPEN GYM	
1400 – 1430						PRIVATE	
1430 – 1600						PRIVATE	
1600 – 1630							
1630 – 1730							
1730 – 1830							
1800 – 1900							
1900 – 2030							
2030 – 2115	Hybrid Fitness	Hybrid Fitness	Hybrid Fitness	Hybrid Fitness	Hybrid Fitness		
2200	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

NOTES- * Timetable is subject to change!