
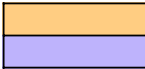



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B
9:30 -	9:30-10:30 Fighting Fit		9:30-10:30 Fighting Fit		9:30-10:30 Fighting Fit		9:30-10:30 Yoga (£5. Non-members allowed)		9:30-10:30 Fighting Fit		9:30-10:30 Junior MMA (Fundamentals)	9:30-10:30 Junior BJJ (gi)*	9:30-10:30 Yoga (£5. Non-members allowed)	
10:30 -					Closes at 10:45						10:45-11:45 Fighting Fit		10:45-11:45 Fighting Fit	
11:30 -	11:00-12:30 No-Gi BJJ (submission grappling)						11:00-12:30 No-Gi BJJ (submission grappling)							
12:30 -			12:00-13:30 MMA						12:00-13:30 MMA		12:00-13:00 Junior MMA (Core)		12:00-13:00 Junior MMA (Cadets)	
13:30 -	Closes at 13:00						Closes at 13:00				13:15-14:45 MMA		13:15-14:15 Junior No-Gi BJJ*	13:15-14:15 Junior MMA (Fundamentals)
14:30 -			14:30-15:30 Fighting Fit						14:00-15:00 Fighting Fit					
15:30 -											15:00-16:00 Fighting Fit		14:30-15:30 Junior Wrestling***	14:30-16:00 Wrestling
16:30 -	16:30-17:15 Junior MMA (Core)		16:15-17:15 Junior MMA (Fundamentals)	16:15-17:15 Junior BJJ (gi)*	16:15-17:00 Junior MMA (Fundamentals)		16:15-17:15 Junior MMA (Core)		16:00-17:00 Fighting Fit		Closes at 16:30		Closes at 16:30	
17:30 -	17:30-18:30 Brazilian Jiu Jitsu		17:30-18:30 Junior MMA (Cadets)		17:15-18:00 Junior MMA (Cadets)		17:30-18:30 Fighting Fit		17:15-18:15 Junior MMA (Cadets)					
18:30 -					18:15-19:00 Fighting Fit (HIT)				18:30-19:30 Fighting Fit					
19:30 -	18:45-19:45 Fighting Fit		18:45-19:45 Fighting Fit		19:15-20:15 Fighting Fit		18:45-19:45 MMA		19:45-21:15 Muay Thai (Thai / Kickboxing)					
20:30 -	20:00-21:30 Muay Thai (Thai / Kickboxing)		20:00-21:30 No-Gi BJJ (submission grappling)		20:30-21:30 MMA		20:00-21:30 Brazilian Jiu Jitsu							
21:30 -									Closes at 21:30					
Closes@21:55														

-----Adults----- | -----Juniors-----

 Adult Classes	 Junior MMA Classes	 Junior Sparring Session Junior BJJ
 Gym Closed		

* have to be eligible for Core class to attend
 *** Cadets Students & Invitations ONLY