

	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
7:30	Gym Closed		Opens at 07:15		Gym Closed		Gym Closed		Gym Closed		Gym Closed		Gym Closed	
			07:30-08:30											
8:30	Opens at 09:00		Gym Closed		Opens at 09:00		Opens at 09:00		Opens at 09:00		Opens at 09:00		Opens at 09:00	
9:30	09:30-10:30		09:30-10:30		09:30-10:30		09:30-10:30		09:30-10:30		09:30-10:30	09:30-10:30	09:30-10:30	
	Fighting Fit		Fighting Fit		Fighting Fit		Yoga (£5. Non-Members allowed)		Fighting Fit		Junior MMA (Fundamentals)	Junior BJJ (gi)*	Yoga (£5. Non-Members allowed)	
10:30	Gym Closed		Gym Closed		Gym Closed		Gym Closed		Gym Closed		10:30-11:30		Gym Closed	
11:30	11:00-12:30		Gym Closed		11:00-12:30		11:00-12:30		Gym Closed		Fighting Fit		10:45-11:45	10:45-12:15
	No-Gi BJJ (submission grappling)		Gym Closed		MMA		No-Gi BJJ (submission grappling)		Gym Closed		Junior MMA (Cadets)		Junior Wrestling***	Wrestling
12:30	Gym Closed		12:00-13:30		Gym Closed		Gym Closed		12:00-13:30		Junior MMA (Core)		12:30-13:30	12:30-13:30
	Closes at 13:00		MMA		Gym Closed		Closes at 13:00		MMA		Junior MMA (Core)		Junior MMA (Fundamentals)	Junior BJJ (gi)**
13:30	Gym Closed		Gym Closed		Gym Closed		Gym Closed		Gym Closed		13:30-15:00		13:30-14:30	
14:30	Gym Closed		14:00-15:00		14:00-15:00		14:00-15:00		14:00-15:00		MMA		Junior MMA (Cadets)	
	Gym Closed		Fighting Fit		Fighting Fit		Fighting Fit		Fighting Fit		MMA		Junior MMA (Core)	
15:30	Opens at 15:45		Gym Closed		Gym Closed		Opens at 15:45		Gym Closed		15:00-16:00		15:30-16:30	
	Gym Closed		Gym Closed		Gym Closed		Gym Closed		Gym Closed		Fighting Fit		Fighting Fit	
16:30	16:15-17:00		16:30-17:30		16:15-17:00		16:15-17:00		16:15-17:00		16:15-17:00		Closes at 16:15	
	Junior MMA (Fundamentals)		Junior BJJ (gi)		Junior MMA (Core)		Junior MMA (Fundamentals)		Junior MMA (Fundamentals)		Junior MMA (Fundamentals)		Closes at 16:45	
17:30	17:00-18:00		Gym Closed		17:00-17:45		17:00-18:00		17:00-18:00		17:00-18:00		Gym Closed	
	Junior MMA (Core)		Junior Sparring (MMA/BJJ)		Junior MMA (Cadets)		Junior MMA (Core)		Junior BJJ (gi)		Junior BJJ (gi)		Gym Closed	
18:30	18:00-19:00		18:00-19:00		18:00-18:45		18:00-19:00		18:00-19:00		18:00-19:00		Gym Closed	
	Fighting Fit		Junior MMA (Cadets)		Fighting Fit		Fighting Fit		Junior MMA (Cadets)		Junior MMA (Cadets)		Gym Closed	
19:30	19:00-20:00		19:00-20:00		18:45-19:45		18:45-20:15		19:00-20:00		19:00-19:45		Gym Closed	
	Brazilian Jiu Jitsu		Fighting Fit		Beg. Course*		Nogi		MMA		Fighting Fit		Gym Closed	
20:30	20:00-21:30		20:00-21:30		20:15-21:15		20:15-21:45		20:00-21:30		19:45-21:15		Gym Closed	
	Muay Thai (Thai / Kickboxing)		No-Gi BJJ (submission grappling)		Fighting Fit		MMA		Brazilian Jiu Jitsu		Muay Thai (Thai/Kickboxing)		Gym Closed	
21:30	Gym Closed		Gym Closed		Gym Closed		Gym Closed		Gym Closed		Closes at 21:30		Gym Closed	

-----Adults-----

	Adult Classes
	Open Mat
	Gym Closed

-----Juniors-----

	Junior MMA Classes		Junior BJJ & Wrestling**

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

** Have to be eligible for Core/Cadets Classes

(Class times can periodically be altered temporary to allow for us to run certain events. In the event of this, the correct time will always be shown on GymSync.)