

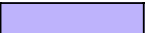






	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B	Mat A	Mat B
Opens at 9am														
9:30 -	09:30-10:30 <b>Fighting Fit</b>		09:30-10:30 <b>Fighting Fit</b>		09:30-10:30 <b>Fighting Fit</b>		09:30-10:30 <b>Fighting Fit</b>		09:30-10:30 <b>Fighting Fit</b>		09:30-11:00 <b>MMA</b>		09:30-11:00 <b>MMA</b>	
10:30 -														
11:30 -	11:00-12:30 <b>No-Gi BJJ</b> (submission grappling)		Open Mat		Open Mat		11:00-12:30 <b>No-Gi BJJ</b> (submission grappling)		11:00-12:30 <b>MMA</b>		11:00-12:00 <b>Junior MMA</b> (Fundamentals)		11:00-12:00 <b>Junior Wrestling**</b>	11:00-12:30 <b>Wrestling for MMA</b>
12:30 -		12:00-13:30 <b>MMA</b>		12:00-13:30 <b>MMA</b>		Open Mat		Open Mat		12:00-12:45 <b>Fighting Fit</b>		12:30-13:30 <b>Junior MMA</b> (Fundamentals)	12:30-13:30 <b>Junior BJJ</b> (gi)**	
13:30 -	Closes at 13:00						13:30-15:00 <b>MMA</b>		14:00-15:00 <b>Fighting Fit</b>		12:45-13:45 <b>Junior MMA</b> (Cadets)		13:30-14:30 <b>Junior MMA</b> (Cadets)	
14:30 -		14:00-15:00 <b>Fighting Fit</b>		14:00-15:00 <b>Fighting Fit</b>		14:00-15:00 <b>Fighting Fit</b>		14:00-15:00 <b>Fighting Fit</b>		13:45-14:45 <b>Junior MMA</b> (Core)		14:30-15:30 <b>Junior MMA</b> (Core)		
15:30 -		Open Mat		Open Mat		Open Mat		Open Mat		14:45-15:45 <b>Fighting Fit</b>		15:30-16:30 <b>Fighting Fit</b>		
16:30 -	16:15-17:00 <b>Junior MMA</b> (Fundamentals)		16:30-17:30 <b>Junior BJJ</b> (gi)**		16:15-17:00 <b>Junior MMA</b> (Core)		16:15-17:00 <b>Junior MMA</b> (Fundamentals)		16:15-17:00 <b>Junior MMA</b> (Fundamentals)		Closes at 16:15		Closes at 17:00	
17:30 -	17:00-18:00 <b>Junior MMA</b> (Core)		Junior Sparring (MMA/BJJ)**		17:00-17:45 <b>Junior MMA</b> (Cadets)		17:00-18:00 <b>Junior MMA</b> (Core)		17:00-18:00 <b>Junior BJJ</b> (gi)**		Closes at 16:15		Closes at 17:00	
18:30 -	18:00-19:00 <b>Fighting Fit</b>		18:00-19:00 <b>Junior MMA</b> (Cadets)		18:00-18:45 <b>Fighting Fit</b>		18:00-18:45 <b>Fighting Fit</b>		18:00-19:00 <b>Junior MMA</b> (Cadets)		Closes at 16:15		Closes at 17:00	
19:30 -	19:00-20:00 <b>Brazilian Jiu Jitsu</b>		19:00-20:00 <b>Fighting Fit</b>		18:45-19:45 <b>Beg. Course*</b>	18:45-20:15 <b>Nogi BJJ</b>	18:45-20:00 <b>MMA</b>		19:00-19:45 <b>Fighting Fit</b>		Closes at 16:15		Closes at 17:00	
20:30 -	20:00-21:30 <b>MMA Striking</b>		20:00-21:30 <b>No-Gi BJJ</b> (submission grappling)		20:15-21:45 <b>MMA</b>		20:00-21:30 <b>Brazilian Jiu Jitsu</b>		19:45-21:15 <b>MMA</b>		Closes at 16:15		Closes at 17:00	
21:30 -											Closes at 21:30		Closes at 17:00	
Closes at 10pm														

-----Adults-----			-----Juniors-----			
	Adult Classes					Junior BJJ & Wrestling**
	Open Mat			Junior MMA Classes		Junior Sparring**
	Gym Closed					

\* 4wk courses to introduce inexperienced non-members 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.)