

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

-----Adults-----

-----Juniors-----

	Adult Classes
	Open Mat
	Gym Closed

	Junior MMA Classes

	Junior BJJ & Wrestling**
	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.)