



# STRIKING TRAINING

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

**07:30 - 08:45**

**MUAY THAI  
FIGHT TEAM  
ADVANCED**

**MUAY THAI  
FIGHT TEAM  
ADVANCED**

**08:00 - 12:00**

**OPEN  
GYM**

**09:00 - 10:30**

**MUAY THAI  
& BOXING  
PAD WORK**

**MUAY THAI  
& BOXING  
PAD WORK**

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& BOXING  
PAD WORK**

**MUAY THAI  
& BOXING  
PAD WORK**

**MUAY THAI  
& BOXING  
PAD WORK**

**MUAY THAI  
& BOXING  
PAD WORK**

**16:00 - 17:00**

**BOXING**

**16:00 - 17:30**

**MUAY THAI  
& BOXING  
PAD WORK**

**KICKBOXING  
DRILLS**

**16:00 - 17:30**

**MUAY THAI  
& BOXING  
PAD WORK**

**BOXING**

**17:00 - 18:00**

**MUAY THAI  
& BOXING  
SPARRING**

**BOXING**

**MUAY THAI  
& BOXING  
SPARRING**

## OPEN GYM HOURS

**MONDAY - FRIDAY 07:00 - 19:00**

**SATURDAY & SUNDAY 08:00 - 12:00**



# GRAPPLING TRAINING

MON

TUE

WED

THU

FRI

SAT

SUN

10:30 - 12:00

**BJJ GI**  
ALL LEVELS

**BJJ GI**  
ALL LEVELS

**BJJ GI**  
ALL LEVELS

**BJJ GI**  
ALL LEVELS

**BJJ GI**  
ALL LEVELS

**BJJ GI**  
ALL LEVELS

10:30 - 12:00

**BJJ OPEN  
ROLL**  
GI & NO-GI

15:00 - 16:00

**WRESTLING**

**MMA  
WRESTLING**

**WRESTLING**

17:00 - 18:30

**BJJ GI**  
FUNDAMENTALS

**BJJ NO-GI**  
ALL LEVELS

17:00 - 18:00  
**BJJ GI**  
FUNDAMENTALS

**BJJ NO-GI**  
ALL LEVELS

**BJJ GI**  
FUNDAMENTALS

18:00 - 19:00  
**BJJ COMP  
TRAINING**

**OPEN GYM HOURS**

**MONDAY - FRIDAY 07:00 - 19:00**

**SATURDAY & SUNDAY 08:00 - 12:00**



# FITNESS TRAINING

MON

07:30 - 08:45

**STRENGTH  
TRAINING**

TUE

11:00 - 12:00

**FUNCTIONAL  
FITNESS**

WED

07:30 - 08:45

**STRENGTH  
TRAINING**

THU

11:00 - 12:00

**FUNCTIONAL  
FITNESS**

FRI

07:30 - 08:45

**STRENGTH  
TRAINING**

SUN

09:00 - 10:15

**FLEXIBILITY  
& MOBILITY**

15:00 - 16:00

**FLEXIBILITY  
& MOBILITY**

15:00 - 16:00

**FLEXIBILITY  
& MOBILITY**

# KIDS TRAINING

MON

16:00 - 17:00

**BJJ**  
age 6+

TUE

16:00 - 17:00

**KICK-  
BOXING**  
age 10+

WED

16:00 - 17:00

**BJJ**  
age 6+

THU

16:00 - 17:00

**KICK-  
BOXING**  
age 10+

FRI

16:00 - 17:00

**BJJ**  
age 6+