

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.00	Private Coaching	MUAY THAI SKILLS (10:00-11:00)	Private Coaching	Private Coaching	Private Coaching	MUAY THAI SKILLS (10:00-11:00)	Private Coaching
11.00		Private Coaching	BJJ Gi WOMEN FUNDAMENTALS (10.30-11:30)			BJJ Gi FUNDAMENTALS (11:00-12:00)	
2:00		Private Coaching	Private Coaching			BJJ KIDS (Mandarin) (2:00-3:00)	
5.30	MUAY THAI SKILLS (5:30-6:30)	MUAY THAI SKILLS (5:30-6:30)	MUAY THAI FIGHTERS CLASS (5:30-6:30)	No-Gi JIU JITSU FUNDAMENTALS (5:30-6:30)	MUAY THAI FIGHTERS CLASS (5:30-6:30)	Private Coaching	
6.00	BJJ Gi FUNDAMENTALS (6:30-7:30)	MMA FIGHTERS CLASS (6:30-7:30)	No-Gi JIU JITSU COMP CLASS (6:30-7:30)	BJJ Gi FUNDAMENTALS (6:30-7:30)	No-Gi /MMA OPEN MAT (6:30-7:30)		
6.30							
7.00	No-Gi JIU JITSU COMP CLASS (6:30-7:30)	BJJ Gi FUNDAMENTALS (7:30-8:30)	MMA FIGHTERS CLASS (7:30-8:30)	MUAY THAI SKILLS (7:30-8:30)	Private Coaching		
7.30							
8.00							

- Muay Thai: Members require Boxing gloves, shinguards & mouthguard
- BJJ: Members require a Kimono Gi & mouthguard
- No-Gi Jiu Jitsu: Members require pocketless shorts, rashguard & mouthguard

- Muay Thai Fighters Class: Members must be assessed and invited to participate in this class AFTER attending several SKILLS classes to prepare for SPARRING based activities.
- MMA Fighters Class: Members require MMA gloves, shinguards & mouthguard.