

| 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 ALL LEVELS (10.30-11:30) | | | BJJ Gi ALL LEVELS (11:00-12:00) | |
| 2:00 | | | Private Coaching | | | | |
| 5.30 | MUAY THAI SKILLS (5:30-6:30) | MUAY THAI SKILLS (5:30-6:30) | MUAY THAI SPARRING (5:30-6:30) | No-Gi JIU JITSU ALL LEVELS (5:30-6:30) | MUAY THAI SPARRING (5:30-6:30) | Private Coaching | Private Coaching |
| 6.00 | | | | | | | |
| 6.30 | BJJ Gi ALL LEVELS (6:30-7:30) | MMA SKILLS (6:30-7:30) | No-Gi JIU JITSU ALL LEVELS (6:30-7:30) | BJJ Gi ALL LEVELS (6:30-7:30) | No-Gi /MMA OPEN MAT (6:30-7:30) | | |
| 7.00 | | | | | | | |
| 7.30 | BJJ Gi SYLLABUS (7:30-8:30) | BJJ Gi ALL LEVELS (7:30-8:30) | MMA SKILLS (7:30-8:30) | MUAY THAI SKILLS (7:30-8:30) | Private Coaching | | |
| 8.00 | | | | | | | |

MMA Sparring: Members require MMA gloves, shinguards & mouthguard

Muay Thai: Members require Boxing gloves, shinguards & mouthguard (Headgear optional)

Muay Thai Sparring Class: Members must be assessed and invited to participate in this class AFTER attending several SKILLS classes to prepare for SPARRING based activities.

BJJ: Members require a Kimono Gi & mouthguard