

Adults Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00am							
6.00am	BJJ 6am-7am Open Technique	BJJ NoGi 6am-7am Open Technique	BJJ 6am-7am Open Technique	BJJ NoGi 6am-7am Open Technique	BJJ NoGi 6am-7am Open Technique		
7.00am							
8.00am							
9.00am	MMA 9am-10am Advanced Only					MTK 9am-10am Open Technique	Open Mat 9am-11am Open
10.00am	MTK 10am-11am Open Technique	Wrestling 10am-11am Open Technique	Boxing 10am-11am Open Technique	MTK 10am-11am Open Technique		Wrestling 10am-11am Open – Technique	
11.00am	BJJ No Gi 11am-12pm Open Technique	BJJ No Gi 11am-12pm Open Technique	BJJ No Gi 11am-12pm Open Technique	BJJ No Gi 11am-12pm Open Technique		BJJ NoGi 11am-12.00pm No Gi - Technique	
12.00noon						Open Sparring 12pm-1pm Advanced	
1.00pm							
2.00pm							
3.00pm							
4.00pm	Teens BJJ Gi 6pm-7pm Teens 13-15yrs		Teens BJJ Gi 6pm-7pm Teens 13-15yrs				
5.00pm	BJJ Gi Fundamentals 6pm-7pm	Women's BJJ 6pm-7pm	BJJ Gi Fundamentals 6pm-7pm		Women's BJJ 6pm-7pm		
6.00pm	Wrestling 6pm-7pm Beginners/Advanced	Boxing 6pm-7pm Open - Technique	MMA 6pm-7pm Advanced Only	Boxing 6pm-7pm Open - Sparring	Boxing 6pm-7pm Open - Technique		Open Mat 6pm-8pm Open
7.00pm	BJJ Gi 7pm-8pm Open Technique	MTK 7pm-8.00pm Open - Technique	BJJ Gi 7pm-8pm Open Technique	MTK 7pm-8.00pm Advanced - Sparring	Wrestling 7pm-8pm Open - Technique		
8.00pm	MTK 8pm-9.15pm Open - Technique	BJJ NoGi 8.00pm-9.15pm Open - Technique	MTK 8pm-9.15pm Open - Technique	BJJ 8.00pm-9.15pm No Gi -Technique	BJJ 8pm-9pm No Gi - Technique		
9.00pm							

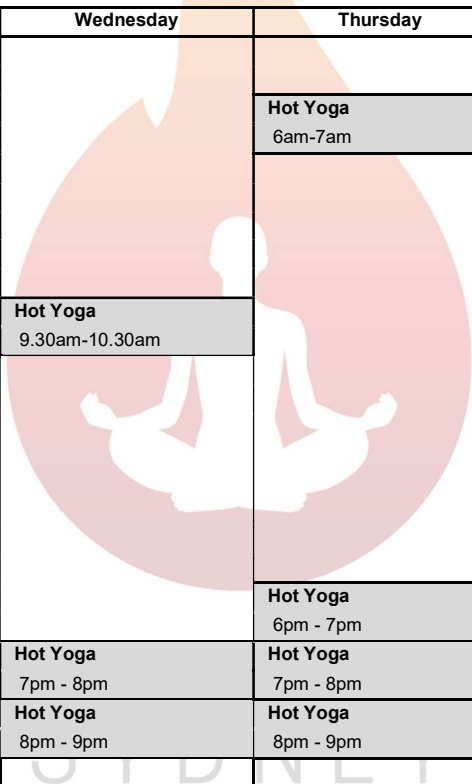
Kids Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am							
9.00am						Kids 9am-10am Wrestling 6-12yrs	
10.00am						Kids 10am-10.50am BJJ No Gi 6-12yrs	
11.00am							
12.00noon							
1.00pm							
2.00pm							
3.00pm							
4.00pm	Kids 4pm-4.50pm MTK 6-12yrs	Kids 4pm-4.50pm BJJ 3-12yrs	Kids 4pm-4.50pm MTK 6-12yrs	Kids 4pm-4.50pm BJJ 3-12yrs	Kids 4pm-4.50pm Boxing 6-12yrs		
5.00pm	Kids 5pm-5.50pm BJJ 3-12yrs	Kids 5pm-5.50pm MTK 6-12yrs	Kids 5pm-5.50pm BJJ 3-12yrs	Kids 5pm-5.50pm MTK 6-12yrs	Kids 5pm-5.50pm Wrestling 6-12yrs		

Fighters/Competitors Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5.00am									
6.00am									
7.00am									
8.00am									
9.00am	MMA - Fighters 9am-10am					Muay Thai Fighters 10am-11am			
10.00am									
11.00am									
12.00noon									
1.00pm									
2.00pm									
3.00pm									
4.00.pm									
5.00pm									
6.00pm									
7.00pm	Muay Thai - Fighters 7pm-8pm					Boxing - Fighters 7pm-8pm		Muay Thai - Fighters 7pm-8pm	Boxing 7pm-8pm
8.00pm									
9.00pm									

Sydney Hot Yoga Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00am							
6.00am	Hot Yoga 6am-7am			Hot Yoga 6am-7am			
7.00am							
8.00am							
9.00am						Hot Yoga 9am-10am	Hot Yoga 9am-10am
10.00am	Hot Yoga 9.30am-10.30am		Hot Yoga 9.30am-10.30am				
11am							
...							
5.00pm	Hot Yoga 5pm - 6pm				Hot Yoga 5pm-6pm		
6.00pm		Hot Yoga 6pm - 7pm		Hot Yoga 6pm - 7pm			
7.00pm	Hot Yoga 7pm - 8pm	Hot Yoga 7pm - 8pm	Hot Yoga 7pm - 8pm	Hot Yoga 7pm - 8pm	Hot Yoga 7pm - 8pm		
8.00pm	Hot Yoga 8pm - 9pm	Hot Yoga 8pm - 9pm	Hot Yoga 8pm - 9pm	Hot Yoga 8pm - 9pm			
9.00pm							

HOT YOGA