

# Adults Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00am							
6.00am	BJJ 6am-7am Beginners/Advanced	BJJ NoGi 6am-7am Beginners/Advanced	BJJ 6am-7am Beginners/Advanced	BJJ NoGi 6am-7am Beginners/Advanced	BJJ NoGi 6am-7am Beginners/Advanced		
7.00am							
8.00am							
9.00am	MMA 9am-10am Advanced Only					MTK 9am-10am Beginners/Advanced	Open Mat 9am-11am Open
10.00am	MTK 10am-11am Beginners/Advanced	Wrestling 10am-11am Beginners/Advanced	Boxing 10am-11am Beginners/Advanced	MTK 10am-11am Beginners/Advanced		Wrestling 10am-11am Beginners/Advanced	
11.00am	BJJ NoGi 11am-12pm Beginners/Advanced	BJJ NoGi 11am-12pm Beginners/Advanced	BJJ NoGi 11am-12pm Beginners/Advanced	BJJ NoGi 11am-12pm Beginners/Advanced		BJJ NoGi 11am-12.00pm Beginners/Advanced	
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 6pm-7pm Fundamentals	Women's BJJ 6pm-7pm	BJJ Gi 6pm-7pm Fundamentals		Women's BJJ 6pm-7pm		
6.00pm	Wrestling 6pm-7pm Beginners/Advanced	Boxing 6pm-7pm Beginners/Advanced	MMA 6pm-7pm Advanced Only	Boxing 6pm-7pm Open - Sparring	Boxing 6pm-7pm Beginners/Advanced		Open Mat 6pm-8pm Open
7.00pm	BJJ Gi 7pm-8pm Beginners/Advanced	MTK 7pm-8pm Beginners/Advanced	BJJ NoGi 7pm-8pm Beginners/Advanced	MTK 7pm-8pm Advanced - Sparring	Wrestling 7pm-8pm Beginners/Advanced		
8.00pm	MTK 8pm-9.15pm Beginners/Advanced	BJJ Gi 8pm-9.15pm Beginners/Advanced	MTK 8pm-9.15pm Beginners/Advanced	BJJ Comp 8pm-9.15pm Wrestling 8pm-9.15pm	BJJ NoGi 8pm-9pm Beginners/Advanced		
9.00pm							

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# 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		

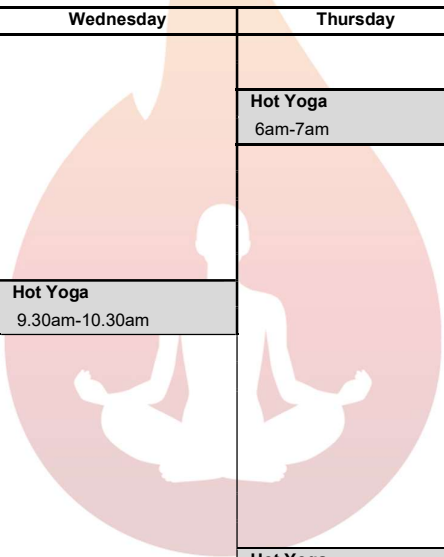
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# Fighters/Competitors Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00am							
6.00am							
7.00am							
8.00am							
9.00am							
	MMA - Fighters 9am-10am						
10.00am							
11.00am							
12.00noon							
1.00pm							
2.00pm							
3.00pm							
4.00pm							
5.00pm							
6.00pm							
		Muay Thai - Fighters 6pm-7pm	MMA Fighters 6pm-7pm	Muay Thai - Fighters 6pm-7pm	Muay Thai - Fighters 6pm-7pm	Muay Thai Fighters 10am-11am	
7.00pm	Muay Thai - Fighters 7pm-8pm	Boxing - Fighters 7pm-8pm	Muay Thai - Fighters 7pm-8pm		Boxing Fighters 7pm-8pm		
8.00pm							
9.00pm							

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# 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							
10.00am	Hot Yoga 9.30am-10.30am		Hot Yoga 9.30am-10.30am			Hot Yoga 9am-10am	Hot Yoga 9am-10am
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

October 2025