

CLASS TIMETABLE

DOWNSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adults kickboxing 12-1pm	Adults kickboxing 12-1pm				Beginner kids kickboxing 10.30 - 11.15am
	Beginner kids kickboxing 5.15 - 6pm	Teen class 5 - 5.45pm	Beginner kids kickboxing 5.15 - 6pm	Mixed level kids kickboxing 5.15 - 6pm	Adults kickboxing 11.15 - 12.15noon
Beginner kids kickboxing 5.45 - 6.30pm	Teen class 6.15 - 7pm	Beginner kids kickboxing 5.45 - 6.30pm	Teen class 6.15 - 7pm	Teen class 6.15 - 7pm	Adults MMA 12.15 - 1.15pm
OPEN MAT 6.30 - 7pm		OPEN MAT 6.30 - 7pm			
Adults kickboxing 7 - 8.30pm	Adults kickboxing 7 - 8pm	Adults kickboxing 7 - 8.30pm	Adults kickboxing 7 - 8pm	Adults kickboxing 7 - 8pm	
OPEN MAT 8.30 - 9pm	Submission Grappling 8 - 9pm	OPEN MAT 8.30 - 9pm	SPARRING 8 - 8.30pm		

CLASS TIMETABLE

UPSTAIRS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					OPEN MAT 11am - 1pm
Int/Adv Kids kickboxing 5 - 6pm		Int/Adv Kids kickboxing 5 - 6pm			
Int/Adv Teen class 6 - 7pm	OPEN MAT 6 - 7pm	Int/Adv Teen class 6 - 7pm	Submission Grappling 6 - 7pm	KIDS FIGHT TEAM (Invite only) 5 - 6pm	
Int/Adv Adults + kickboxing 7 - 8.30pm	Touch Sparring (Invite only) 7 - 8pm	Int/Adv Adults + kickboxing 7 - 8.30pm	OPEN MAT 6.30 - 8pm	FIGHT TEAM (Invite only) 6.30 - 8pm	
	OPEN MAT 8 - 9pm		Submission Grappling SPARRING 8 - 8.30pm		
			HEADBAND BATTLES 8.30 - 9pm		