Mon	Tue	Wed	Thu	Fri	Sat	Sun
7.00 am Muay Thai 60 min	7.00 am Boxing 60 min	7.00 am Muay Thai 60 min	7.00 am Muay Thai 60 min	7.00 am Muay Thai 60 min		
7.00 am BJJ 60 min	7.00 am BJJ No-Gi 60 min	7.00 am BJJ 60 min	7.00 am BJJ No-Gi 60 min	7.00 am BJJ 60 min		
8.00 am Muay Thai Sparring 60 min	8.00 am Muay Thai 60 min	8.00 am Muay Thai Technique 60 min	8.00 am Boxing 60 min	8.00 am Muay Thai Sparring 60 min		
9.00 am Muay Thai 60 min	9.00 am Muay Thai 60 min	9.00 am Boxing 60 min	9.00 am Muay Thai 60 min	9.00 am Muay Thai Technique 60 min	9.00 am Muay Thai 60 min	9.00 am Muay Thai 60 min
					10.00 am Kids MT 45 min (5-8 y.o.)	10.00 am Kids MT 60 min (5-13 y.o.)
					10.00 am Kids BJJ 45min (9-13 y.o.)	
11.00 am Muay Thai 60 min	11.00 am Muay Thai 60 min	11.00 am Muay Thai 60 min	11.00 am Muay Thai 60 min	11.00 am Muay Thai 60 min	10.45 am Kids MT 45 min (9-13 y.o.)	11.00 am Muay Thai 60 min
					11.00am Kids BJJ 45min (5-8 y.o.)	
					11.30 am Muay Thai 60 min	
12.00 pm Muay Thai Technique 60 min	12.00 pm Muay Thai 60 min	12.00 pm Muay Thai Sparring 60 min	12.00 pm Muay Thai Technique 60 min	12.00 pm Boxing 60 min	11.45 am BJJ 60 min	12.00 pm Muay Thai Technique 60 min
12.00 pm BJJ No-Gi 60 min	12.00 pm BJJ 60 min	12.00 pm BJJ No-Gi 60 min	12.00 pm BJJ 60 min	12.00 pm BJJ No-Gi 60 min	12.30 pm Muay Thai Sparring 60 min	
1.00 pm Boxing 60 min	1.00 pm Muay Thai Sparring 60 min	1.00 pm Muay Thai 60 min	1.00 pm Muay Thai 60 min	1.00 pm Muay Thai 60 min	12.45 pm BJJ No-Gi 60 min	1.00 pm Muay Thai 60 min
	1.00 pm Grappling Competitors 60 min		1.00 pm Grappling Competitors 60 min		1.30 pm Muay Thai 60 min	
					2.30 pm Muay Thai Technique 60 min	2.00 pm Boxing 60 min
4.00 pm Muay Thai 60 min	3.30 pm Muay Thai 60 min	4.00 pm Muay Thai 60 min	3.30 pm Muay Thai 60 min	3.30 pm Muay Thai 60 min		
5.00 pm Muay Thai 60 min	4.30 pm Kids MT 45 min (5-8 y.o.)	5.00 pm Boxing 60 min	4.30 pm Kids MT 45 min (5-8 y.o.)	4.30 pm Kids MT 45 min (5-8 y.o.)		
	4.30 pm Kids BJJ 45 min (9-13 y.o.)		4.30 pm Kids BJJ 45 min (9-13 y.o.)	4.30 pm Kids BJJ 45 min (9-13 y.o.)		
6.00 pm Boxing 60 min	5.15 pm Kids MT 45 min (9-13 y.o.)	6.00 pm Muay Thai Sparring 60 min	5.15 pm Kids MT 45 min (9-13 y.o.)	5.15 pm Kids MT 45 min (9-13 y.o.)		
	5.30 pm Kids BJJ 45 min (5-8 y.o.)		5.30 pm Kids BJJ 45 min (5-8 y.o.)	5.30 pm Kids BJJ 45 min (5-8 y.o.)		
6.45 pm BJJ 60 min	6.00 pm Muay Thai Technique 60 min	6.45 pm BJJ 60 min	6.00 pm Muay Thai Technique 60 min	6.00 pm Muay Thai 60 min		
7.00 pm Muay Thai 60 min	6.45 pm BJJ No-Gi 60 min	7.00 pm Muay Thai 60 min	6.45 pm BJJ No-Gi 60 min	6.45 pm BJJ 60 min		
7.45 pm BJJ 60 min	7.00 pm Muay Thai 60 min	7.45 pm BJJ No-Gi 60 min	7.00 pm Muay Thai 60 min	7.00 pm Muay Thai Technique 60 min		
8.00 pm Muay Thai 60 min	7.45 pm BJJ No-Gi 60 min	8.00 pm Muay Thai 60 min	7.45 pm BJJ No-Gi 60 min	7.45 pm BJJ No-Gi 60 min		
	8.00 pm Muay Thai 60 min		8.00 pm Muay Thai 60 min	8.00 pm Muay Thai Sparring 60 min		
9.00 pm Muay Thai Technique 60 min	9.00 pm Muay Thai Sparring 60 min	9.00 pm Muay Thai Technique 60 min	9.00 pm Boxing 60 min	9.00 pm Muay Thai 60 min		

Classes in Striking Room

- Muay Thai
- Boxing
- Kids MT
- Muay Thai Sparring
- Muay Thai Advanced

Classes in Grappling Room

- BJJ
- BJJ No-Gi
- Kids BJJ
- BJJ Sparring
- Grappling Competitors

Effective from 14 May 2024