

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00	MMA FIT ★/★/★/★/★		MMA FIT ★/★/★/★/★		MMA FIT ★/★/★/★/★	Open Gym	
09:30							
10:00	Kick Box Fitness (Women) ★/★	Body Blast (Women)		Body Blast (Women)		Boxing ★/★/★/★/★	
10:30							
11:00			Open Gym		Open Gym		
11:15	Open Gym	Open Gym		Open Gym		Open Gym	Open Gym
11:30							
12:00	Muay Thai K1- Kick Boxing ★/★/★/★/★	BJJ ★/★/★/★/★	Muay Thai K1- Kick Boxing ★/★/★/★/★	MMA ★/★/★/★/★	Muay Thai K1 - Kick Boxing ★/★/★/★/★		
12:15							
12:30						Closed Gym	
13:00							
13:15							
13:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
14:00						No Gi Submission Wrestling ★/★/★/★/★	
14:30			Closed Gym		Closed Gym		
15:00							
15:30						BJJ ★/★/★/★/★	
16:00							
16:15	Closed Gym	Closed Gym	Kids Club (4 - 11 Years Old)	Closed Gym	Kids Club (4 - 11 Years Old)		
16:30						Open Gym	
16:45							
17:00							
17:30							
18:00							
18:15	MMA FIT ★/★/★/★/★			MMA FIT ★/★/★/★/★			
18:30							
19:00	BJJ ★/★	Boxing ★/★/★/★/★	MMA ★/★	BJJ ★/★	Boxing ★/★	Thai Boxing Open Class No Instructor ★/★/★/★/★	
19:15							
19:30							
19:45							
20:00							
20:15							
20:30	BJJ ★/★/★/★/★		BJJ ★/★/★/★/★	BJJ ★/★/★/★/★	Kick Box Fitness (Women) ★/★		
20:45							
21:00							
21:15							
21:30							
21:45	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
22:00							

Classes

All equipment is supplied for all classes. All subject to availability.

Upstairs Downstairs

Skill Level:

- ★ Beginners
- ★★ Intermediate
- ★★★ Advance

Key:

- BJJ - Brazilian Jiu Jitsu
- MMA - Mix Martial Arts
- MMA FIT - Strength + Conditioning, Kettlebell & Circuit Training

Opening Times:

- Monday - Friday: 09:00 to 14:30 - 18:00 to 22:00
- Saturday: 09:00 to 12:00 - 14:00 to 17:00
- Sunday: 09:00 - 13:00

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