



# CLASS SCHEDULE

SUBJECT TO CHANGE

## MONDAY

YOUTH MMA

500pm-545pm

SAMBO

600pm-700pm

MMA

700pm-800pm

WOMEN'S  
KICKBOXING

800pm-845pm

KIDS BJJ AND SELF DEFENCE -  
ADVANCED

400pm-445pm

KIDS BJJ AND SELF DEFENCE -  
BEGINNER

445pm-515pm

ADVANCED SPARRING +  
COMPETITION TEAM

515pm-600pm

KICKBOXING

600pm-645pm

KICKBOXING SPARRING  
BEGINNER + INTERMEDIATE

645pm-715pm

MMA

700pm-800pm

KIDS BJJ AND SELF DEFENCE -  
ADVANCED

400pm-445pm

KIDS BJJ AND SELF DEFENCE -  
BEGINNER

445pm-515pm

ADVANCED SPARRING +  
COMPETITION TEAM

515pm- 600pm

KICKBOXING

600pm-645pm

KICKBOXING SPARRING  
BEGINNER + INTERMEDIATE

645pm-715pm

BJJ

700pm-800pm

WOMENS COMBAT FITNESS  
AND STRENGTH

800pm-845pm

## FRIDAY

KIDS BJJ AND  
SELF DEFENCE -  
ADVANCED

400pm-445pm

SAMBO

530pm-630pm

COMPETITION  
TEAM

630pm

## WEDNESDAY

YOUTH MMA

500pm-545pm

BRAZILIAN JIU JITSU

630pm-730pm

OPEN MAT (ROLLING)

730pm-800pm

WOMENS BJJ AND  
SELF DEFENCE

730pm-815pm

WOMENS  
KICKBOXING

815pm-900pm

## SATURDAY

MMA BOOT CAMP  
(STARTING SOON)

700am-800am