



# Weekly Schedule

## MONDAY

MMA Drills  
6:00PM - 7:00PM

Muay Thai & MMA  
Pad Work  
7:00PM - 8:00PM

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## THURSDAY

Brazilian Jiu Jitsu No Gi  
5:45PM / 6:00PM - 7:00PM

Mixed Martial Arts  
Fundamentals  
7:00PM-8:00PM

## TUESDAY

Brazilian Jiu Jitsu No Gi  
5:45PM / 6:00PM - 7:00PM

Mixed Martial Arts  
Fundamentals  
7:00PM - 8:00PM

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## FRIDAY

Muay Thai & MMA  
Pad Work  
5:30PM - 6:30PM

## WEDNESDAY

Muay Thai  
6:00PM - 7:00PM

Brazilian Jiu Jitsu  
No Gi  
7:00PM - 8:00PM

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## SATURDAY

Mixed Martial Arts &  
Sparring  
9:30AM - 11:00AM

**INVITE ONLY - FIGHTERS CLASS**  
**10:00AM - MONDAY TO FRIDAY**  
**2:00PM - MON, WED, FRIDAY**

**Personal Training Sessions  
Available**

**No Classes on Public Holidays  
unless advertised**