



# Weekly Schedule

## MONDAY

Mixed Martial Arts  
6:00PM - 7:00PM

MUAY THAI  
7:00PM - 8:00PM

## THURSDAY

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

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

## TUESDAY

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

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

## FRIDAY

Wrestling  
6:00PM - 7:00PM

## WEDNESDAY

Muay Thai  
6:00PM - 7:00PM

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

## SATURDAY

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

**Personal Training Sessions  
Available**

**No Classes on Public Holidays  
unless advertised**