

KICKBOXING & MUAY THAI							
		MON	TUES	WED	THURS	FRI	SAT
MUAY THAI DAY CLASS	Start	12.00 pm	12.00 pm	12.00 pm	12.00 pm		
	Finish	1.00 pm	1.00 pm	1.00 pm	1.00 pm		
KICKBOXING FOR FITNESS	Start	6.00 pm		6.00 pm			
	Finish	7.00 pm		7.00 pm			
MUAY THAI (Level 1)	Start		6.00 pm		6.00 pm		
	Finish		7.00 pm		7.00 pm		
MUAY THAI (Level 2)	Start	7.00 pm		7.00 pm			
	Finish	8.15 pm		8.15 pm			
MUAY THAI (Level 3)	Start		7.00 pm		7.00 pm		
	Finish		8.15 pm		8.15 pm		
MUAY THAI (OPEN SESSION)	Start	4.30 pm		4.30 pm		12.00pm	10.30am
	Finish	6.00 pm		6.00 pm		1.00pm	12.00pm
LADIES ONLY KICKBOXING	Start		9.30 am		9.30 am		9.30 am
	Finish		10.30 am		10.30 am		10.30 am

BRAZILIAN JIU JITSU & SHOOT FIGHTING							
		MON	TUES	WED	THURS	FRI	SAT
BRAZILIAN JIU JITSU DAY CLASS	Start	12.00 pm	12.00 pm	12.00 pm	12.00 pm		
	Finish	1.00 pm	1.00 pm	1.00 pm	1.00 pm		
BRAZILIAN JIU JITSU (LEVEL 1)	Start		6.00 pm		6.00 pm		
	Finish		7.00 pm		7.00 pm		
BRAZILIAN JIU JITSU (LEVEL 2)	Start		7.00 pm		7.00 pm		
	Finish		8.15 pm		8.15 pm		
BRAZILIAN JIU JITSU (LEVEL 3)	Start	7.00 pm		7.00 pm			
	Finish	8.15 pm		8.15 pm			
SHOOT FIGHTING (LEVEL 1)	Start	6.00 pm		6.00 pm			
	Finish	7.00 pm		7.00 pm			
SHOOT FIGHTING (LEVEL 2)	Start						12.30 pm
	Finish						1.30 pm
BRAZILIAN JIU JITSU (OPEN SESSION)	Start	5.00 pm	5.00 pm	5.00 pm	5.00 pm	12.00 pm	10.30 am
	Finish	6.00 pm	6.00 pm	6.00 pm	6.00 pm	1.00 pm	12.00 pm
JUDO	Start					6.30 pm	
	Finish					7.30 pm	