



Little Samurai 4 - 6 years old	Little Warrior 4 - 6 years old
BJJ Kids 7 - 9 years old	MT Kids 7 - 9 years old
BJJ Preteen 10 - 13 years old	MT Preteen 10 - 13 years old

BJJ Blue Mobility (Beginner) - Solo Drills	EVOLVE KINEX
BJJ Blue Techniques (Beginner) - Grappling Dummy	
BJJ Purple/No-Gi Mobility - Solo Drills	
BJJ Purple/No-Gi Techniques - Grappling Dummy	
only 3 stripes White Belt and higher are permitted	

**CLASS SCHEDULE**  
Effective 21st June 2021

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45								6:45
7:00	Muay Thai 06:30	BJJ (Blue) Grappling 06:30	Muay Thai 06:30	BJJ (Blue) Grappling 06:30	Muay Thai 06:30	BJJ (Blue) Grappling 06:30		7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00	Muay Thai 07:30	BJJ (Blue) Grappling 07:30	Muay Thai 07:30	BJJ (Blue) Grappling 07:30	Muay Thai 07:30	BJJ (Blue) Grappling 07:30	Muay Thai Sparring 07:15	8:00
8:15								8:15
8:30								8:30
8:45								8:45
9:00	Muay Thai 08:30	BJJ (Purple) Grappling 08:30	Muay Thai 08:30	BJJ No-Gi Grappling 08:30	Muay Thai 08:30	BJJ (Purple) Grappling 08:30	Muay Thai 08:15	9:00
9:15								9:15
9:30								9:30
9:45								9:45
10:00	Boxing (I) 09:30	WarriorFit 09:30	Boxing (I) 09:30	WarriorFit 09:30	Boxing (I) 09:30	WarriorFit 09:30	Muay Thai 09:15	10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00	Muay Thai 10:30	BJJ (Blue) Grappling 10:30	Muay Thai 10:30	BJJ (Blue) Grappling 10:30	Muay Thai 10:30	BJJ (Blue) Grappling 10:30	Little Samurai 09:15	11:00
11:15								11:15
11:30								11:30
11:45								11:45
12:00	Muay Thai 11:30	BJJ (Purple) Grappling 11:30	Muay Thai 11:30	BJJ (Purple) Grappling 11:30	Muay Thai 11:30	BJJ No-Gi Grappling 11:30	Muay Thai 09:15	12:00
12:15								12:15
12:30								12:30
12:45								12:45
13:00	Boxing (I) 12:30	BJJ (Blue) Techniques 12:30	Boxing (I) 12:30	BJJ (Blue) Techniques 12:30	Boxing (I) 12:30	BJJ (Blue) Grappling 12:30	Little Samurai 10:15	13:00
13:15								13:15
13:30								13:30
13:45								13:45
14:00	Muay Thai 13:30	WarriorFit 13:30	Muay Thai 13:30	WarriorFit 13:30	Muay Thai 13:30	WarriorFit 13:30	BJJ (Blue) Grappling 10:15	14:00
14:15								14:15
14:30								14:30
14:45								14:45
15:00	Muay Thai 14:30	BJJ (Blue) Grappling 14:30	Muay Thai 14:30	BJJ (Blue) Grappling 14:30	Muay Thai 14:30	BJJ (Blue) Grappling 14:30	BJJ- Kids 10:15	15:00
15:15								15:15
15:30								15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30	Boxing (I) 16:00	Little Samurai 16:00	Muay Thai 16:00	Little Samurai 16:00	Boxing (I) 16:00	Little Samurai 16:00	Muay Thai Kids 11:15	16:30
16:45								16:45
17:00								17:00
17:15								17:15
17:30	Muay Thai 17:00	BJJ- Kids 17:00	Muay Thai 16:45	WarriorFit 16:45	Little Warrior 17:00	BJJ- Kids 17:00	BJJ (Blue) Grappling 11:15	17:30
17:45								17:45
18:00								18:00
18:15								18:15
18:30	Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 17:45	Muay Thai Conditioning 17:45	Muay Thai 17:45	Muay Thai Conditioning 17:45	BJJ (Blue) Grappling 11:15	18:30
18:45								18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai Conditioning 19:00	BJJ (Blue) Grappling 19:00	Muay Thai 18:45	BJJ (Blue) Grappling 18:45	Muay Thai 18:45	BJJ (Blue) Grappling 18:45	BJJ (Blue) Grappling 11:15	19:30
19:45								19:45
20:00								20:00
20:15								20:15
20:30	Muay Thai 20:00	BJJ (Blue) Techniques 20:00	Muay Thai 20:00	BJJ (Blue) Techniques 20:00	Muay Thai 20:00	BJJ (Blue) Grappling 20:00	Muay Thai 19:15	20:30
20:45								20:45
21:00								21:00
21:15								21:15
21:30	Muay Thai 21:00	BJJ (Purple) Grappling 21:00	Muay Thai 20:45	WarriorFit 20:45	Muay Thai 21:00	BJJ (Purple) Grappling 21:00	BJJ (Blue) Grappling 19:15	21:30
21:45								21:45
22:00								22:00
22:15								22:15
22:30	Muay Thai 22:00	BJJ (Blue) Grappling 22:00	Muay Thai 21:45	MMA 21:45	Muay Thai 21:45	MMA 21:45	BJJ (Blue) Grappling 19:15	22:30
22:45								22:45
23:00								23:00
23:15								23:15
23:30								23:30

Legend: