



TRAINING SCHEDULE



DAY	15:00 - 15:45	15:30 - 16:15	16:30 - 17:30	17:30 - 18:30	18:30 - 19:30
MONDAY	Ages 5-10 Years BJJ (No Gi)	X	X	Boxing	Brazilian Jiu Jitsu (No Gi)
TUESDAY	X	Ages 11-16 Years MMA	X	Kick Boxing	Mixed Martial Arts
WEDNESDAY	Ages 5-10 Years BJJ (No Gi)	X	X	Boxing	Brazilian Jiu Jitsu (No Gi)
THURSDAY	X	Ages 11-16 Years MMA	X	Kick Boxing	Mixed Martial Arts
FRIDAY	X	X	Mixed Martial Arts	X	X
SATURDAY	x		09:30 – 10:30 Ages 5-16 Years Anti-bullying/Self-defense		10:30 – 11:30 Brazilian Jiu Jitsu (No Gi)
SUNDAY	CLOSED				

Please note that our gym facilities are open for use at your own leisure any time during trading hours, as long as it does not disturb any classes.

All children under the age of 10 years old are not permitted to use the gym equipment. Supervision is required for 11 to 16 year olds.