

Timetable

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Mat 1

Striking /
Gym Area

Mat 1

Striking /
Gym Area

Mat 1

Striking /
Gym Area

Mat 1

Striking /
Gym Area

Mat 1

Striking /
Gym Area

6.15am
Fightfit
Justin

6.15am
Fightfit
Justin

8.00am
Fightfit

8.30am
Sparring

9.00am
BJJ Open Mat (1hr)

9.00am
Open Mat/Gym
(1hr) - Ben

9.30am
BJJ All levels and Open Gym
(1hr)
Jess

9.30am
BJJ All levels and Open Gym
(1hr)
Jess

9.30am
Striking Fundamentals and
Open Gym (1hr)
Joel

4.30pm
Teens MMA
Mitch

4.30pm
Striking
Bag/Pad
Workout
Justin

4.15pm
Kids and Youth BJJ
All Levels
Jess/Justin

4.15pm
Nogi Youth
and Teens
Level 2
Jess/Justin

4.15pm
Striking
Bag / Pad
Workout
Danielle

4.15pm
Kids and
Youth BJJ
Level 1
Jess/Justin

4.15pm
Striking
Fundamentals
Joel

5.00pm
Nogi BJJ
Fundamentals
Jess

5.00pm
Striking
Fundamentals
Danielle

5.00pm
Nogi BJJ
All Levels (1.5hr)
Damien

5.00pm
Youth and
Teens BJJ
Level 2
Jess/Justin

5.00pm
Striking
Bag/Pad
Workout

5.15pm
Open Mat (1hr)

5.30pm
Power Rounds (1hr)
Justin

5.45pm
Nogi BJJ All Levels
Dan

5.45pm
Gi BJJ All Levels
Dan

6.30pm
MMA Fundamentals (1hr)
Justin

6.30pm
Nogi BJJ Sparring
Dan

6.30pm
MMA Sparring (1hr)
Justin

6.30pm
Gi BJJ Sparring
Dan

Fitness/Conditioning focus
Beginner friendly

MMA/Striking Technique
focus
Beginner friendly

Grappling/Wrestling Focus
Beginner friendly

MMA/Striking Sparring
Focus
Intermediate+ only

Grappling/Wrestling
Sparring Focus
Intermediate+ only