

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5AM	GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING	OPEN MAT			
6AM	MMA	MMA	MMA	MMA	MMA SPARRING			9AM: MMA
10AM	GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING				MMA SPARRING
4:30PM	KIDS <12 YRS	KIDS <12 YRS	KIDS <12 YRS	KIDS <12 YRS				
5:15PM	GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING	GRAPPLING			
6:15PM	M1: GRAPPLING M2: MMA	M1: GRAPPLING M2: BOXING	M1: GRAPPLING M2: BOXING	M1: GRAPPLING M2: BOXING				
7:15PM	MMA SPARRING	BOXING SPARRING		BOXING SPARRING				

Alpha MMA has a large facility with over 250sqm of mat space, a fully functional heavy bag rig, boxing ring and weights zone. Whenever a class is running that you are not participating in you can use the rest of the gym at your leisure.