MON	TUES	WED	THURS	FRI	SAT
5-6AM HYBRID S&C		5-6AM HYBRID S&C		5-6AM HYBRID S&C	
7-7:45AM JNR S&C (BATTLECON / GRAPPLEFIT)					7:30-8:30AM XPLOSIV
3:30-4:10PM Jnr No-Gi	3:30-4:10PM Jnr No-Gi	3:30-4:10PM Jnr No-GI	3:30-4:10PM Jnr No-Gi	3:30-4:45PM JUNIOR COMP CLASS (INVITE ONLY)	8:30-9:10AM Jnr No-Gi
4:15-5PM Jnr MMA	4:15-5PM JNR S&C (BATTLECON / GRAPPLEFIT)	4:15-5PM Jnr MMA	4:15-5PM JNR S&C (BATTLECON / GRAPPLEFIT)	4:45-5:30PM JNR COMP BJJ (GI) (INVITE ONLY)	9:15-10AM JNR S&C (BATTLECON / GRAPPLEFIT)
5-6:15PM MMA YOUTH & ADULTS	5-6:15PM MMA YOUTH & ADULTS	5-6PM STRNG	5-6PM MMA SPARRING YOUTH & ADULTS	5:30-6:30PM R&B Friday	10-10:45AM Jnr MMA
			6-7PM NO-GI JIU JITSU YOUTH & ADULTS	5:30-6:30PM LADIES Night	11AM-12PM MMA SPARRING YOUTH & ADULTS
6:30-7:30PM STRNG	6:30--7:30PM XPLOSIV	6-7:30PM MMA YOUTH & ADULTS	7-7:30PM BATTLECON		
	7:30-8:30PM NO-GI JIU JITSU YOUTH & ADULTS	7:30-8:30PM NO-GI JIU JITSU YOUTH & ADULTS			

Timetable current as @ B4 12/10/26. Timetable subject to change.