

ADULT/ TEEN TIMETABLE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	
10AM-11AM										BJJ GI	
11AM-12PM										MMA	MUAY THAI
5-6PM	BJJ NO GI		MUAY THAI		BJJ GI WOMEN ONLY		MUAY THAI				
6-7PM	FIGHT TEAM	MUAY THAI	MMA	BJJ GI	FIGHT TEAM	MUAY THAI	MMA	BJJ GI			
7-8PM	MUAY THAI SPARRING		MMA	BJJ NO GI	MUAY THAI SPARRING		MMA	BJJ NO GI			
8-9PM			MMA								

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