

# Timetable - Adult

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BJJ		6-7 pm	5-6 pm Womens Only	6-7 pm		10-11 am
BJJ No Gi		7-8 pm		7-8 pm		10-11 am
MMA		8-9 pm Sparring		8-9 pm	6-8 pm Fight Team By Invite Only	
WRESTLING		6-7 pm		6-7 pm		
THAI BOXING	7-8 pm	5-6 pm	7-8 pm	5-6 pm		11 am-12 pm
THAI BOXING Sparring	8-9 pm		8-9 pm			

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