	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	KETTLEBELLS with Silviu 07:00-07:45	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	KETTLEBELLS with Silviu 09:00-09:45	HIIT with Hugo 09:00 - 09:45
			OPEN GYM 6AM - 11PM			TEENS (13-16) MMA ACADEMY 10:00-10:55 INTER/ADV	JUNIORS (8-12) 10:00-11:00
MIXED LEVELS	BOXFIT with Mike 12:15-13:15	ALL LEVELS BOXING with Vakha 13:15-14:15	BOXFIT with Mike 12:15-13:15	ALL LEVELS BOXING with Vakha 13:15-14:15	BOXFIT with Mike 12:15-13:15	INTERM/ADVANCED MMA FIGHT TEAM with Ayman 11:00-12:00	TEENS (13-16) MMA ACADEMY 11:00-12:00 FUNDAMENTALS
	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 6PM	OPEN GYM 6AM - 6PM
	TEENS (13-16) MMA ACADEMY 17:00-18:00 INTER/ADV	JUNIORS (8-12) 17:00-18:00	TEENS (13-16) MMA ACADEMY 17:00-18:00 INTER/ADV	JUNIORS (8-12) 17:00-18:00	TEENS (13-16) MMA ACADEMY 17:00-18:00 FUNDAMENTALS		
	INTERM/ADVANCED MUAYTHAI SPARRING with Ahmad 18:00-19:00	INTERM/ADVANCED MMA WRESTLING with Ayman 18:00-19:00	INTERM/ADV BOXING with Ayman 18:00-19:00	INTER/ADV MMA GRAPPLING with Ayman 18:00-19:00	INTERM/ADV MMA WRESTLING with Hossein 18:00-19:00		
	INTERM/ADV BOXING with Ayman 19:00-20:00	INTERM/ADVANCED MUAYTHAI with Ahmad 19:00-20:00	INTERM/ADVANCED MMA FIGHT TEAM with Ayman 19:00-20:00	INTERM/ADVANCED MUAYTHAI with Ahmad 19:00-20:00	INTERM/ADV BOXING with Rahim 19:00-20:00		
	FUNDAMENTALS MMA WRESTLING with Ayman 20:00-21:00	FUNDAMENTALS MUAYTHAI with Ahmad 20:00-21:00	FUNDAMENTALS MMA GRAPPLING with Ayman 20:00-21:00	FUNDAMENTALS MUAYTHAI with Ahmad 20:00-21:00	FUNDAMENTALS BOXING with Arin 20:00-21:00		

Equipment required
Wrestling/Grappling: No equipment
MMA Team: MMA Gloves & Shinguards
Boxing: Boxing Gloves
Muay Thai: Boxing Gloves & Shinguards

Sparring Requirements
MMA: 8oz MMA Gloves & Shinguards
Boxing: 16oz Gloves
Muay Thai: 16oz Gloves & Shinguards

Groin guard, Gumshield & Headgear for all sparring