

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
MIXED LEVELS	RISE & GRAPPLE with Ayman 06:30-07:30	BOOTCAMP with Anna 07:00-07:45	RISE & GRAPPLE with Ayman 06:30-07:30			KETTLEBELLS with Silviu 09:00-09:45	HIIT with Hugo 09:00 - 09:45
			KETTLEBELLS with Silviu 07:00-07:45			TEENS MMA (13-16) 10:00-10:55	JUNIORS MMA (8-12) 10:00-10:55
MIXED LEVELS	BOXFIT with Mike 12:15-13:15		BOXFIT with Mike 12:15-13:15		BOXFIT with Mike 12:15-13:15	MMA SPARRING with Ayman (Invite Only) 11:00-12:15	OPEN MAT GRAPPLING 11:00-12:15 MIXED LEVELS
		BOXING DRILLS with Vakha 13:15-14:15		BOXING DRILLS with Vakha 13:15-14:15			
MIXED LEVELS	TEENS MMA GRAPPLING (13-16) 17:00-17:55	JUNIORS MMA GRAPPLING (8-12) 17:00-17:55	TEENS MMA STRIKING (13-16) 17:00-17:55	JUNIORS MMA STRIKING (8-12) 17:00-17:55		<p>Equipment required</p> <p>MMA: MMA Gloves & Shinguards Boxing: Boxing Gloves Muay Thai: Boxing Gloves & Shinguards Grappling: Rashguard & Shorts</p> <p>Sparring Equipment</p> <p>MMA: 8oz MMA Gloves & Shinguards Boxing: 16oz Gloves Muay Thai: 16oz Gloves & Shinguards</p> <p>Groin guard and Gumshield for all sparring</p>	
	MUAYTHAI DRILLS with Ahmad 18:00-19:15 MIXED LEVEL	MUAYTHAI DRILLS with Ahmad 18:00-19:15 MIXED LEVEL	BOXING DRILLS with Vakha 18:00-19:15 MIXED LEVEL	MUAYTHAI DRILLS with Ahmad 18:00-19:15 MIXED LEVEL	BEGINNERS MMA/GRAPPLING with Hossein 18:00-19:15		
	BOXING DRILLS with Ayman 19:15-20:30 MIXED LEVEL	BEGINNERS MMA/GRAPPLING with Ayman 19:15-20:30	MMA DRILLS with Ayman 19:15-20:30 6 MONTHS+ EXP ONLY	BEGINNERS MMA/GRAPPLING with Ayman 19:15-20:30	BOXING DRILLS with Rahim 19:15-20:30 MIXED LEVELS		