

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MIXED LEVELS		GRAPPLING with Ayman 06:30-07:30	BOOTCAMP with Anna 07:00-07:45	GRAPPLING with Ayman 06:30-07:30	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	OPEN GYM 6AM - 11PM	KETTLEBELLS with Silviu 07:00-07:45			TEENS MMA SPARRING (13-16) 10:00-10:55	JUNIORS (8-12) MMA 11:00-12:00
				OPEN GYM 6AM - 11PM			MMA SPARRING with Ayman (Invite Only) 11:00-12:15	OPEN MAT 11:00-12:00 MIXED LEVELS
MIXED LEVELS		BOXFIT with Mike 12:15-13:15	BOXING DRILLS with Vakha 13:15-14:15	BOXFIT with Mike 12:15-13:15	BOXING DRILLS with Vakha 13:15-14:15	BOXFIT with Mike 12:15-13:15	OPEN GYM 6AM - 6PM	KIDS MMA (5-7) 12:00-12:45
		OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM		OPEN GYM 6AM - 6PM
MIXED LEVELS		TEENS (13-16) MMA GRAPPLING 17:00-17:55	JUNIORS (8-12) MMA GRAPPLING 17:00-18:00	TEENS (13-16) MMA KICKBOXING 17:00-17:55	JUNIORS (8-12) MMA KICKBOXING 17:00-18:00	TEENS OPEN MAT 17:00-17:55	Equipment required MMA: MMA Gloves & Shinguards Boxing: Boxing Gloves Muay Thai: Boxing Gloves & Shinguards Grappling: Rashguard & Shorts Sparring Equipment MMA: 8oz MMA Gloves & Shinguards Boxing: 16oz Gloves Muay Thai: 16oz Gloves & Shinguards Groin guard, Gumshield & Headgear for all sparring	
		MUAYTHAI DRILLS with Ahmad 18:00-19:15 MIXED LEVEL	MUAYTHAI DRILLS & SPARRING with Ahmad 18:00-19:15 MIXED LEVEL	BOXING DRILLS with Ayman 18:00-19:15 MIXED LEVEL	MUAYTHAI DRILLS with Ahmad 18:00-19:15 MIXED LEVEL	BEGINNERS MMA/WRESTLING with Hossein 18:00-19:15		
		BOXING DRILLS & SPARRING with Ayman 19:15-20:30 MIXED LEVEL	BEGINNER MMA/GRAPPLING with Ayman 19:15-20:30	MMA DRILLS & SPARRING 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		