

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
MIXED LEVELS	GRAPPLING with Ayman 06:30-07:30	BOOTCAMP with Anna 07:00-07:45	GRAPPLING with Ayman 06:30-07:30			KETTLEBELLS with Silviu 09:00-09:45	HIIT with Hugo 09:00 - 09:45
	MIXED LEVELS	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	KETTLEBELLS with Silviu 07:00-07:45	OPEN GYM 6AM - 11PM	OPEN GYM 6AM - 11PM	TEENS MMA SPARRING (13-16) 10:00-10:55
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		KIDS MMA (5-7) 12:45-13:30
	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		OPEN GYM 6AM - 3PM
MIXED LEVELS	MUAYTHAI DRILLS with Ahmad 18:00-19:15 MIXED LEVEL	MUAYTHAI DRILLS 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 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		