

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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
SPARRING
(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

TEENS MMA
WRESTLING
(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

TEENS MMA
GRAPPLING
(13-16)
17:00-17:55

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

GRAPPLING
with Sam
18:00-19:15
MIXED LEVELS

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

GRAPPLING
with Silviu
19:15-20:30
INTER/ADV

BOXING
DRILLS
with Rahim
19:15-20:30
MIXED LEVELS

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 and Gumshield
for all sparring