

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

MIXED LEVELS

HIIT  
with Hugo  
07:00 - 07:45

GRAPPLING  
with Rome  
08:00-09:00

BOOTCAMP  
with Anna  
07:00-07:45

KETTLEBELLS  
with Silviu  
07:00-07:45

HIIT  
with Hugo  
07:00 - 07:45

GRAPPLING  
with Rome  
08:00-09:00

KETTLEBELLS  
with Silviu  
09:00-09:45

TEENS MMA  
CONDITIONING  
(13-16)  
10:00-10:55

HIIT  
with Hugo  
09:00 - 09:45

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

JUNIORS MMA  
(8-12)  
17:00-17:55

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

JUNIORS MMA  
(8-12)  
17:00-17:55

TEENS MMA  
SPARRING  
(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

BEGINNERS  
MMA/GRAPPLING  
with Ayman  
19:15-20:15

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