

		MONDAY		TUESDAY			WEDNESDAY		THURSDAY			FRIDAY		SATURDAY			
		MAT 2	MAT 3	MAT 1	MAT 2	MAT 3	MAT 2	MAT 3	MAT 1	MAT 2	MAT 3	MAT 2	MAT 3	MAT 1	MAT 2		
MORNING	6:00 am													STRIKING TIMETABLE		6:00 am	MORNING
	6:15 am															6:15 am	
	6:30 am	MMA FIT ALL LEVELS		MMA FIT ALL LEVELS					MMA FIT ALL LEVELS			MMA FIT ALL LEVELS				6:30 am	
	6:45 am															6:45 am	
	7:00 am															7:00 am	
	7:15 am															7:15 am	
	7:30 am			MUAY THAI LEVEL 1+					MUAY THAI LEVEL 1+							7:30 am	
	7:45 am											7:45 am					
	8:00 am											8:00 am					
	8:15 am											8:15 am					
	9:00 am													9:00 am			
	9:15 am											BOXING LEVEL 1+		MMA INTRO	9:15 am		
9:30 am											9:30 am						
9:45 am											9:45 am						
10:00 am											10:00 am						
10:15 am													MMA LEVEL 1+	10:15 am			
10:30 am														10:30 am			
10:45 am														10:45 am			
11:00 am														11:00 am			
11:15 am															11:15 am		
MIDDAY	12:00 pm													ABSOLUTe MIXED MARTIAL ARTS		12:00 pm	MIDDAY
	12:15 pm															12:15 pm	
	12:30 pm															12:30 pm	
	12:45 pm															12:45 pm	
	1:00 pm			MUAY THAI LEVEL 1+			BOXING LEVEL 1+		MUAY THAI LEVEL 1+			BOXING LEVEL 1+				1:00 pm	
	1:15 pm															1:15 pm	
	1:30 pm															1:30 pm	
	1:45 pm															1:45 pm	
	2:00 pm															2:00 pm	
EVENING	4:15 pm													ABSOLUTe MIXED MARTIAL ARTS		4:15 pm	EVENING
	4:30 pm			MUAY THAI INTRO					BOXING INTRO							4:30 pm	
	4:45 pm															4:45 pm	
	5:00 pm	MMA INTRO		BOXING LEVEL 1+			MMA INTRO		BOXING LEVEL 1+			MUAY THAI LEVEL 1+				5:00 pm	
	5:15 pm															5:15 pm	
	5:30 pm															5:30 pm	
	5:45 pm															5:45 pm	
	6:00 pm			MUAY THAI INTRO			MUAY THAI LEVEL 1+			MUAY THAI LEVEL 1+		6:00 pm					
	6:15 pm											6:15 pm					
	6:30 pm											6:30 pm					
	6:45 pm											6:45 pm					
	7:00 pm	MUAY THAI INTRO		MUAY THAI LEVEL 1+			MUAY THAI INTRO		MUAY THAI LEVEL 1+			MUAY THAI LEVEL 1+				7:00 pm	
	7:15 pm															7:15 pm	
	7:30 pm	MMA LEVEL 1+		MT/ BOXING - SPARRING LEVEL 2+			MMA LEVEL 1+		MT/ BOXING - SPARRING LEVEL 2+							7:30 pm	
	7:45 pm															7:45 pm	
	8:00 pm															8:00 pm	
8:15 pm	8:15 pm																
8:30 pm													8:30 pm				
8:45 pm													8:45 pm				