

TIME TABLE

TIME	7 AM - 8 AM	8 AM - 9 AM	9 AM - 10 AM	10 AM - 5 PM	5 PM - 6 PM	6 PM - 7 PM	7 PM - 8 PM	8 PM - 9 PM
MON	MMA (GROUND)	MUAY THAI	BOXING	SELF TRAINING AND PERSONAL TRAINING	CROSSFIT / WEIGHT TRAINING	LITTLE CHAMPS (AGE 4-12)	MMA (GROUND)	MUAY THAI
TUE	MUAY THAI	BOXING	CROSSFIT / WEIGHT TRAINING		MUAY THAI	OPEN BAG (SELF TRAINING)	BOXING	MMA (STRIKING)
WED	KICK BOXING	MMA (STRIKING)	MUAY THAI		MMA (STRIKING)	LITTLE CHAMPS (AGE 4-12)	MUAY THAI	BOXING
THU	CROSSFIT	MUAY THAI	CROSSFIT / WEIGHT TRAINING		MMA (GROUND)	OPEN BAG (SELF TRAINING)	BOXING	KICK BOXING
FRI	BOXING	KICK BOXING	MMA (GROUND)		BOXING	LITTLE CHAMPS (AGE 4-12)	CROSSFIT / WEIGHT TRAINING	MMA (GROUND)
SAT		SPARRING (8 AM - 10 AM)		WEEKEND BATCH (4:30 PM - 6 PM)				
SUN				WEEKEND BATCH (4:30 PM - 6 PM)				