

TRAINING GROUNDS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6	Boxing 6:30 - 7:30 Ayo Odeyale	Muay Thai 6:30 - 7:30 Scott Ireland	Boxing Advanced 6:30 - 7:30 Ayo Odeyale	Boxing 6:30 - 7:30 Ayo Odeyale	Muay Thai 6:30 - 7:30 Scott Ireland		
7		BJJ No Gi 6:30 - 7:30 Tim Brogan	Muay Thai Sparring 6:30 - 7:30 Scott Ireland	BJJ Gi 6:30 - 7:30 Scott Ireland			
8						Boxing Intermediate 8:00 - 9:00 Cameron Rowston	
9						BJJ Kids Mixed 9:00 - 10:00	BJJ Gi Women's Roll 9:00 - 11:00 (please contact us to confirm)
10						BJJ Gi Competition 10:00 - 11:30	
11							
12	BJJ Gi 12:30 - 13:30 Caio Beltrao	Muay Thai 12:30 - 13:30 Caio Beltrao	BJJ Gi 12:30 - 13:30 Caio Beltrao	BJJ Open Mat 12:30 - 13:30 Caio Beltrao	BJJ Gi 12:30 - 13:30 Caio Beltrao		
13			Boxing 12:30 - 13:30 Ayo Odeyale	Muay Thai 12:30 - 13:30 Cameron Rowston	Boxing 12:30 - 13:30 Ayo Odeyale		
14							
15							
16		BJJ Kids 5-8yo 16:00 - 16:50 Wayne Miller					
17		BJJ Kids 9-12yo 16:50 - 17:50 Wayne Miller	Muay Thai Kids 17:00 - 17:45 Scott Ireland				
	Muay Thai Free Trial 17:30 - 18:00		Boxing Free Trial 17:30 - 18:00				
18	Muay Thai Fundamentals 18:00 - 19:00 Dave Barlow	BJJ Gi Fundamentals 18:00 - 19:00 Scott Ireland	Boxing Fundamentals 18:00 - 19:00 Ayo Odeyale	BJJ Gi Fundamentals 18:00 - 19:00 Caio Beltrao	BJJ Gi Intermediate 18:00 - 19:00 Caio Beltrao		
	BJJ No Gi 18:00 - 19:30 Scott Ireland	Boxing Fundamentals 18:00 - 19:00 Ayo Odeyale	MMA 18:00 - 19:00 Scott Ireland	Muay Thai Advanced 18:00 - 19:00 Scott Ireland	Muay Thai Intermediate 18:00 - 19:00 Cameron Rowston		
19	Boxing 19:00 - 20:00 Ayo Odeyale	Muay Thai Intermediate 19:00 - 20:00 Scott Ireland	Muay Thai Fundamentals 19:00 - 20:00 Chris Galletti	BJJ Gi Advanced 19:00 - 20:30 Caio Beltrao			
		BJJ Gi Advanced 19:00 - 20:30 Caio Beltrao	BJJ Gi Intermediate 19:00 - 20:00 Caio Beltrao	Boxing Advanced 19:00 - 20:00 Ayo Odeyale			
20				Boxing Sparring 20:00 - 20:30 Ayo Odeyale			
21							