

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2
5.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.30pm	Pro Team 5.30-6.30pm	Open Drilling 5.30-6.00pm	
6.30pm	MMA Fundamentals 6.30-7.30pm				MMA Fundamentals 6.30-7.30pm		Wrestling 6.30-7.30pm		No Gi Open Mat 6.00-7.00pm	
7.30pm	MMA Inter 7.30-8.30pm		Wrestling 7.30-8.30pm		MMA Inter 7.30-8.30pm		Stretch and Flow 7.30-8.30pm		Open Drilling 7.00-7.30pm	
8.30pm	Open Drilling									
9.00pm	Gym Close									

	Saturday	
	Area 1	Area 2
11.00am	MMA Sparring 11.00-12.00pm	Stretch and Flow 11.30-12.30pm
12.00pm		
12.30pm		
	Gym Close	