

	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		Pro Team 5.30-6.30pm		Pro Team 5.30-6.30pm		Pro Team 5.30-6.30pm		Pro Team 5.30-6.30pm		
6.30pm	MMA Fundamentals 6.30-7.30pm				MMA Fundamentals 6.30-7.30pm		Wrestling 6.00-7.30pm			
7.30pm										
9.00pm	Gym Close									

	Saturday	
	Area 1	Area 2
10.00am	MMA Sparring 10.00-11.00am	
12.00pm		
12.30pm		
	Gym Close	