

VTI 2023 ADULTS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6am – 7am	Muay Thai – All Levels		Muay Thai – All Levels		Muay Thai – All Levels	9am – 10am	Art of Boxing
12pm – 1pm		BJJ Intermediates	BJJ No Gi - Intermediates	BJJ Intermediates		9am – 10am	Women's Kickboxing
5.30pm – 6.30pm	BJJ Senior Teens & Adults	BJJ Senior Teens & Adults	BJJ Senior Teens & Adults	BJJ Senior Teens & Adults	6.00pm – 7.00pm No Gi & Open Rolling	9am – 10am	Muay Thai Sparring
	Muay Thai Fight Team	Muay Thai Fight Team	Muay Thai Fight Team	Muay Thai Fight Team			
6.30pm – 7.30pm	BJJ Advanced (Blue Belt)	BJJ No Gi - Fundamentals	BJJ Advanced (Blue Belt)	BJJ No Gi - Fundamentals		10am – 11.15am	BJJ Advanced & Elite (Blue – Black Belt)
	BJJ Elite (Purple – Black)	BJJ No Gi – Int/Advanced	BJJ Elite (Purple – Black)	BJJ No Gi – Int/Advanced		10am – 11am	Muay Thai Fundamentals
	Muay Thai Intermediates	Muay Thai Fundamentals	Muay Thai Intermediates			10am – 11am	Muay Thai Intermediates
	MMA Baseline	Muay Thai Advanced	MMA Baseline	Muay Thai Int/Advanced			
		Art of Boxing		Art of Boxing			
7.30pm – 8.30pm	BJJ Fundamentals		BJJ Fundamentals	BJJ No Gi - Advanced		11.15am – 12.15pm	BJJ Fundamentals
	BJJ Int/Advanced	Baseline Boxing	BJJ Int/Advanced	Baseline Boxing		11.15am – 12.15pm	BJJ Intermediates
	Muay Thai Fundamentals	Muay Thai Intermediates	Muay Thai Fundamentals	Muay Thai Fundamentals		11.15am – 12.15pm	BJJ Teens & Parents
	MMA Int/Advanced	Wrestling	MMA Int/Advanced			11.15am – 12pm	Stretch & Strength