



2024 Adults Class Timetable

	Monday					Tuesday					Wednesday					Thursday				Friday	
	Area 1	Area 2	Area 3	Area 4	Area 5	Area 1	Area 2	Area 3	Area 4	Area 5	Area 1	Area 2	Area 3	Area 4	Area 5	Area 1	Area 2	Area 3	Area 4	Area 1	Area 2
6:00am			Morning MT 6:00 – 7:00am									Morning MT 6:00 – 7:00am								Morning MT 6:00 – 7:00am	
12:00pm								BJJ Inter 12:00-1:00pm				BJJ Inter No Gi 12:00-1:00pm						BJJ Inter 12:00-1:00pm			
5:30pm		MT Pro Team 5:30-6:30pm	BJJ Senior Teens & Adults 5:30 – 6:30pm				MT Pro Team 5:30-6:30pm	BJJ Senior Teens & Adults 5:30 – 6:30pm				MT Pro Team 5:30-6:30pm	BJJ Senior Teens & Adults 5:30 – 6:30pm				MT Pro Team 5:30-6:30pm	BJJ Senior Teens & Adults 5:30 – 6:30pm			
6:30pm		MT Inter 6:30-7:30pm	MMA Fund 6:30-7:30pm	BJJ Elite 6:30-7:30pm	BJJ Adv 6:30-7:30pm	MT Fund 6:30-7:30pm	MT Adv 6:30-7:30pm	Art Boxing 6:30-7:30pm	BJJ Fund No Gi 6:30-7:30pm	BJJ Inter No Gi 6:30-7:30pm		MT Inter 7:30-8:30pm	MMA Fund 6:30-7:30pm	BJJ Elite 6:30-7:30pm		BJJ Adv 6:30-7:30pm	MT Adv/Inter 6:30-7:30pm	Art Boxing 6:30-7:30pm	BJJ Inter No Gi 6:30-8:30pm	BJJ Fund No Gi 6:30-7:30pm	Inter/ Adv No Gi + Open Rolling 6:00 – 7:00pm
7:30pm	MT Fund 7:30-8:30pm		MMA Inter/ Adv 7:30 – 8:30pm	BJJ Inter/ Adv 7:30-8:30pm	BJJ Fund 7:30-8:30pm	MT Inter 7:30-8:30pm	Wrestling 7:30-8:30pm	Boxing Fund 7:30-8:30pm			MT Inter Sparring 7:30-8:30pm		MT Fund 7:30-8:30pm	BJJ Inter 7:30-8:30pm	MMA Inter/ Adv 7:30 – 8:30pm	BJJ Fund 7:30-8:30pm	MT Fund 7:30-8:30pm	Boxing Fund 7:30-8:30pm		BJJ Adv No Gi 7:30-8:30pm	
8:30pm	Gym Closed																				

	Saturday				
	Area 1	Area 2	Area 3	Area 4	Area 5
9.00am	Art Boxing 9:00-10:00am	Women's KB 9:00-10:00am	MT Sparring 9:00 – 10:00am		
10.00am	MT Fund 10:00-11:00am	MT Inter 10:00-11:00am		BJJ Adv 10:00-11:15am	
11.00am		BJJ Inter 11:15-12:15pm	BJJ Fund 11:15-12:15pm	BJJ Senior Teens and Parents 11:15-12:15pm	
11.30am					
12.00pm					
12.30pm					
	Gym Closed				

*Please note: Classes are subject to change. Our live timetable can be viewed via the VT1 App.