



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	
12.00pm								BJJ Inter 12:00-1:00pm										BJJ Inter 12:00-1:00pm				
5.30pm		MT Pro Team 5:30-6:30pm						BJJ Adults – All Levels 5:30 – 6:30pm							MT Pro Team 5:30-6:30pm			BJJ Adults – All Levels 5:30 – 6:30pm				
6.30pm		MT Inter 6:30-7:30pm	MMA Fund / Inter 6:30-7:30pm	BJJ Elite 6:30-7:30pm	BJJ Adv 6:30-7:30pm	MT Fund 6:30-7:30pm	MT Pro Team 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 Inter & Adv 6:30-7:30pm	Art Boxing 6:30-7:30pm	BJJ Inter/Adv No GI 6:30-8:30pm	BJJ Fund No GI 6:30-7:30pm	BJJ Inter/ Adv Comp Class + Open Rolling 6:00 – 7:30pm		
7.30pm	MT Fund 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 Sparring 7:30-8:30pm		MT Fund 7:30-8:30pm	BJJ Inter 7:30-8:30pm		BJJ Fund 7:30-8:30pm	MT Fund 7:30-8:30pm	Boxing Fund 7:30-8:30pm		BJJ Comp Class Gi & NoGi 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.