VT1 2025 Adults Class Timetable

	Monday			Tuesday				Wednesday			Thursday				Friday		
	Area 1	Area 2	Area 3	Area 1	Area 1	Area 2	Area 3	Area 1	Area 2	Area 3	Area 1	Area 1	Area 2	Area 3	Area 1	Area 2	Area 3
6.15am							BJJ Gi All Levels 6.15 – 7.15am	MT All Levels 6.15 – 7.15am		BJJ Gi All Levels 6.15 – 7.15am					MT All Levels 6.15 – 7.15am		BJJ No Gi All Levels 6.15 – 7.15am
12.00pm			BJJ Gi All Levels 12.00pm – 1.00pm				BJJ No Gi All Levels 12.00 – 1.00pm			BJJ Gi All Levels 12.00pm – 1.00pm				BJJ No Gi All Levels 12.00 – 1.00pm			BJJ Gi All Levels 12.00pm – 1.00pm
5.30pm	MT Fund 5.30 – 6.30pm		BJJ Gi Fund 5.30 – 6.30pm	MT Fund 5.30 – 6.30pm	Boxing Fund 5.30 – 6.30pm		BJJ No Gi Fund 5.30 – 6.30pm	MT Fund 5.30 – 6.30pm		BJJ Gi Fund 5.30 – 6.30pm	MT Fund 5.30 – 6.30pm	Boxing Fund 5.30 – 6.30pm		BJJ No Gi Fund 5.30 – 6.30pm	MT Fund 5.30 – 6.30pm		BJJ No Gi Fund 5.30 – 6.30pm
6.30pm	MT All Levels 6.30 – 7.30pm		BJJ Gi All Levels 6.30 – 7.30pm	MT Int / Adv 6.30 – 7.30pm	Boxing All Levels 6.30 – 7.30pm	MMA All Levels 6.30 – 7.30pm	BJJ No Gi All Levels 6.30 – 7.30pm	MT All Levels 6.30 – 7.30pm		BJJ Gi All Levels 6.30 – 7.30pm	MT Int / Adv 6.30 – 7.30pm	Boxing All Levels 6.30 – 7.30pm	MMA All Levels 6.30 – 7.30pm	BJJ No Gi All Levels 6.30 – 7.30pm	MT All Levels 6.30 – 7.30pm		BJJ Gi & No Gi Open Mats 6.00 – 7.00pm
7.30pm				MT All Levels 7.30 – 8.30pm			Wrestling All Levels 7.30 – 8.30pm				MT All Levels 7.30 – 8.30pm						
8.30pm	Gym Closed																

	Saturday		
	Area 1	Area 2	Area 3
8.00am	Boxing All Levels 8.00 – 9.00am		
9.00am	MT Fund 9:00 – 10:00am	Women's KB 9.00 – 10.00am	
10.00am	MT All Levels / Sparring 10:00 – 11:00am	MMA Sparring 10:00 – 11:00am	BJJ Gi Fund 10.00 – 11.00am
11.00am			BJJ Gi & No Gi Open Mats 11.00am – 12.00pm
12.00pm	Gym Closed		

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