

SCHEDULE

SOUTH WEEKLY SCHEDULE

ADULT CLASSES

BRAZILIAN JIU-JITSU

MUAY THAI / KICKBOXING

WRESTLING

INVITE ONLY

MON (EVE)	TUES (EVE)	WED (EVE)	THU (EVE)	FRI (EVE)	SAT (DAY)	SUN (DAY)
<div>6:00 - 6:45pm</div> <div>BJJ Gi Technique Foundations</div>	<div>6:00 - 6:45pm</div> <div>Muay Thai Technique Foundations</div>	<div>6:00 - 6:45pm</div> <div>BJJ Gi Technique Foundations</div>	<div>6:00 - 6:45pm</div> <div>Muay Thai Technique Foundations</div>	<div>6:00 - 6:45pm</div> <div>BJJ Gi Technique Foundations</div>	<div>11:30 - 12:15pm</div> <div>BJJ No Gi Technique (All Levels)</div>	<div>10:00 - 11:30pm</div> <div>MMA Sparring (Invite Only)</div>
<div>6:00 - 6:45pm</div> <div>BJJ Gi Advanced Tech (Coloured Belts)</div>	<div>6:00 - 6:45pm</div> <div>Thai Advanced Technique (Invite Only)</div>	<div>6:00 - 6:45pm</div> <div>BJJ Gi Advanced Tech (Coloured Belts)</div>	<div>6:00 - 6:45pm</div> <div>Thai Advanced Technique (Invite Only)</div>	<div>6:00 - 6:45pm</div> <div>Muay Thai Technique Foundations</div>	<div>11:30 - 12:15pm</div> <div>Muay Thai Technique (All Levels)</div>	<div>11:30 - 12:30pm</div> <div>BJJ Rolling (All Levels)</div>
<div>6:45 - 7:30pm</div> <div>BJJ Rolling (All Levels)</div>	<div>6:45 - 7:30pm</div> <div>Thai Pads / Conditioning (All Levels)</div>	<div>6:45 - 7:30pm</div> <div>BJJ Rolling (All Levels)</div>	<div>6:45 - 7:30pm</div> <div>Thai Pads / Conditioning (All Levels)</div>	<div>6:00 - 6:45pm</div> <div>MMA Technique (Invite Only)</div>	<div>12:15 - 1:00pm</div> <div>BJJ Rolling (All Levels)</div>	
<div>7:30 - 8:30pm</div> <div>Muay Thai Technique & Conditioning</div>	<div>7:30 - 8:00pm</div> <div>Thai Sparring (Invite Only)</div>	<div>7:30 - 8:30pm</div> <div>Muay Thai Technique & Conditioning</div>	<div>7:30 - 8:00pm</div> <div>Thai Sparring (Invite Only)</div>	<div>6:45 - 7:30pm</div> <div>BJJ Rolling (All Levels)</div>	<div>12:15 - 1:00pm</div> <div>Thai Pads / Conditioning (All Levels)</div>	
<div>7:30 - 8:30pm</div> <div>Wrestling (All Levels)</div>	<div>7:30 - 8:30pm</div> <div>BJJ No Gi Technique & Rolling</div>	<div>7:30 - 8:30pm</div> <div>Wrestling (All Levels)</div>	<div>7:30 - 8:30pm</div> <div>BJJ No Gi Technique & Rolling</div>	<div>6:45 - 7:30pm</div> <div>Thai Pads / Conditioning (All Levels)</div>	<div>1:00 - 1:30pm</div> <div>Thai Sparring (Invite Only)</div>	