

	Monday	Wednesday	Friday	Saturday	Sunday
0900-0930				MUAY THAI	MUAY THAI
0930-1000					
1000-1030				0900H - 1030H	0900H - 1030H
1030-1100					
1100-1130				KIDS BJJ	KIDS MUAY THAI
1130-1200				1100H - 1200H	1100H - 1200H
1200-1230				BJJ	MUAY THAI
1230-1300				1200H - 1300H	
1300-1330					1200H - 1330H
1330-1400					
1400-1430					
1430-1500					
1500-1530					
1530-1600					
1600-1630					
1630-1700					
1700-1730		KIDS MUAY THAI	KIDS BJJ		
1730-1800		1700H - 1800H	1700H - 1800H		
1800-1830					
1830-1900	BJJ	MUAY THAI	BJJ		
1900-1930	1830H - 1930H		1830H - 1930H		
1930-2000		1830H - 2000H			
2000-2030	MUAY THAI	MUAY THAI	MUAY THAI		
2030-2100					
2100-2130	2000H - 2130H	2000H - 2130H	2000H - 2130H		