

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

					9:30 - 10:15AM STRENGTH & CONDITIONING

LUNCH CLASSES

12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU OPEN MATS	

YOUTH CLASSES


NIGHT CLASSES

5:00 - 5:45PM STRENGTH & CONDITIONING		5:00 - 5:45PM STRENGTH & CONDITIONING			
6:00 - 6:45PM BOX ALL LEVELS (ZSANA)	6:00 - 6:45PM BOX ALL LEVELS (AWATEA)	6:00 - 6:45PM BOX BASICS (ZSANA)	6:00 - 6:45PM BOX ALL LEVELS (AWATEA)		
6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU BASICS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU OPEN MATS	

OPERATING HOURS

MONDAY - THURSDAY

OPEN/RECEPTION HOURS: 12 - 1pm & 4 - 7pm

FRIDAY

OPEN/RECEPTION HOURS: 12 - 1pm & 4 - 6pm

SATURDAY & SUNDAY

NO RECEPTION AVAILABLE IN THE WEEKENDS: Unlimited 24/7 Gym Members Only For Weekend Classes & Gym

NOTE: CLOSED FOR ALL PUBLIC HOLIDAYS - 24/7 Gym Available For Unlimited Members Only