

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00-09:45						TKD Foundation
10:00-11:00	Mixed Level BJJ		Mixed Level BJJ			TKD Mixed Level
11:00-12:00						Taekwondo Advanced only
16:15-17:00	Private/Team Training	Junior Kickboxing Foundation	Junior Kickboxing Foundation	Junior Kickboxing Foundation	Junior Kickboxing Foundation	12:15-13:00 Kid BJJ
17:15-18:00	Kid BJJ	Kickboxing Junior Advanced & Cadets	Kickboxing Junior Advanced & Cadets	Kickboxing Junior Advanced & Cadets	Kickboxing Junior Advanced & Cadets	13:00-14:00 No Gi
17:00-18:00		Mixed Level Taekwondo(Life Centre)		Mixed Level Taekwondo(Ham Drive)		14:00-15:00 Mixed Level BJJ
18:00-18:30		Kickboxing Sparring	Kickboxing Sparring	Kickboxing Sparring	Kickboxing Sparring	15:00-16:00 Ladies Only BJJ
18:00-19:30	Beginners BJJ+Open Mat					
18:30-19:30		NO Gi		Beginners BJJ		
19:00-20:00	Rice Champ MMA	19:30-21:00 Mixed Level BJJ	Rice Champ MMA	19:30-21:00 Mixed Level BJJ	Rice Champ MMA	
20:00-21:00	Rice Champ MMA(Adv only)		Rice Champ MMA(Adv only)		Rice Champ MMA(Adv only)	

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17:15-18:00	Kid BJJ	Kickboxing Junior Advanced & Cadets	Kickboxing Junior Advanced & Cadets	Kickboxing Junior Advanced & Cadets	Kickboxing Junior Advanced & Cadets	13:00-14:00 No Gi
17:00-18:00		Mixed Level Taekwondo(Life Centre)		Mixed Level Taekwondo(Ham Drive)		14:00-15:00 Mixed Level BJJ
18:00-18:30		Kickboxing Sparring	Kickboxing Sparring	Kickboxing Sparring	Kickboxing Sparring	15:00-16:00 Ladies Only BJJ
18:00-19:30	Beginners BJJ+Open Mat					
18:30-19:30		NO Gi		Beginners BJJ		
19:00-20:00	Rice Champ MMA	19:30-21:00 Mixed Level BJJ	Rice Champ MMA	19:30-21:00 Mixed Level BJJ	Rice Champ MMA	
20:00-21:00	Rice Champ MMA(Adv only)		Rice Champ MMA(Adv only)		Rice Champ MMA(Adv only)	