



EVENING TIMETABLE

NGMA

MONDAY

BOXING
5.00PM-6.00PM

MUAY THAI
6.00PM-7.00PM

BJJ GI FUNDAMENTALS
7.00PM-8.30PM

WRESTLING
8.30PM-9.30PM

TUESDAY

KICKBOXING
6.00PM-7.00PM

BJJ NOGI
7.00PM-8.30PM

STRENGTH & CONDITIONING
7.30PM - 8.30PM

MMA
8.30PM-9.30PM

WEDNESDAY

BOXING
5.30PM-6.30PM

MUAY THAI
6.30PM-7.30PM

KICKBOXING
7.30PM-8.30PM

JUDO
7.30PM-8.30PM

BJJ GI
8.30PM-9.30PM

THURSDAY

KICKBOXING
6.00PM-7.00PM

MMA
7.00PM-8.30PM

FIGHTERS CLASS
8.30PM-9.30PM

FRIDAY

KICKBOXING
6.00PM-7.00PM

BJJ NOGI
7.00PM-8.30PM

STRENGTH & CONDITIONING
7.30PM - 8.30PM

SATURDAY

Please see daytime
timetable for weekend
classes

SUNDAY

Please see daytime
timetable for weekend
classes

**All classes must be
booked through
our Glofox app and
are strictly
16yrs+**



DAYTIME TIMETABLE

NGMA

MONDAY

TUESDAY

KICKBOXING
11.00AM - 12.00PM

BJJ NOGI
12.00PM - 1.00PM

WEDNESDAY

MMA
11.30AM - 12.30PM

THURSDAY

FRIDAY

BOXING
11.00AM - 12.00PM

BJJ GI
12.00PM - 1.00PM

SATURDAY

KICKBOXING
9.00AM - 10.00AM

BJJ NOGI or GI CLASS
alternate weeks, see Glofox app
10:00AM- 11:00AM

BJJ ROLLING Gi/NOGI
alternate weeks, see Glofox app
11.00AM - 12.00PM

MUAY THAI
12.00PM - 1.00PM

SUNDAY

BJJ GI
9.00AM - 10.00AM

KICKBOXING
10.00AM - 11.00AM

BOXING
11.00AM - 12.00PM

**Daytime
Membership
just £39 per month**

**no contract
no joining fee**

**classes & free trials
must be pre-
booked on the
Glofox app**