

MONDAY

BJJ Gi | All levels | Adam *
6.30am - 7.30am

Boxing | All levels | Anton
5pm - 6pm

Muay Thai | All levels | Mike
6pm - 7pm

BJJ Gi | Blue Belt+ | Łukasz *
6pm - 7pm

BJJ Gi | Beginners | Łukasz
7pm - 8.30pm

Kickboxing | Beginners | Will *
7.30pm - 8.30pm

Wrestling | All levels | Kane
8.30pm - 9.30pm

FRIDAY

Boxing | All levels | Monique
11am - 12pm

BJJ Gi | All levels | Łukasz
12pm - 1pm

Kickboxing Technical Sparring
All levels | Alice
6pm - 7pm

Competitive Muay Thai *
Intermediate | Mike
6.30pm - 7.30pm | Fortnightly

BJJ NoGi | All levels | Łukasz
7pm - 8.30pm

S&C | All levels | Jez *
7.30pm - 8.30pm

TUESDAY

Kickboxing | All levels | Monique
11am - 12pm

BJJ NoGi | All levels | Łukasz
12pm - 1pm

BJJ NoGi | Beginners | Łukasz *
6pm - 7pm

Kickboxing | All levels | Alice
6pm - 7pm

S&C | All levels | Jez *
7pm - 8pm

BJJ NoGi | 18 months+ | Łukasz
7.15pm - 8.45pm

K1 | All levels | Anton *
8.15pm - 9.15pm

SATURDAY

Kickboxing Padwork | All levels | Sam
9am - 10am

Muay Thai | Beginners | Mike *
10am - 11am

BJJ Comp Class | Intermediate | Łukasz
10am - 11am

BJJ Rolling | All Levels | Łukasz
11am - 12pm

WEDNESDAY

Boxing | All levels | Anton
5.30pm - 6.30pm

Kickboxing | Purple Belt+ | Alice *
6pm - 7pm

Muay Thai | All levels | Mike
6.30pm - 7.30pm

Kickboxing | Beginners | Will *
7pm - 8pm

Kickboxing Sparring | Beginners | Will *
8pm - 8.30pm

Judo | All levels | Conor
7.30pm - 8.30pm

BJJ Gi | All levels | Łukasz
8.30pm - 9.30pm

SUNDAY

BJJ Gi | Beginners | Łukasz
9am - 10am

Kickboxing | All levels | Alice
10am - 11am

MMA | All levels | Anton
11am - 12pm

Boxing | All levels | Andrew *
11am - 12pm

THURSDAY

BJJ NoGi | All levels | Adam
7am - 8am

Boxing | Beginners | Rich *
6pm - 7pm

Kickboxing | All levels | Amy
6pm - 7pm

MMA | All levels | Anton *
7pm - 8pm

BJJ NoGi | All levels | Lee
7pm - 8pm

Sparring MMA + Striking *
Intermediate | Bryony + Anton
8pm - 9pm

**If you see an asterisk next to a class
it means it will be held upstairs*

