

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 am	FITNESS KICKBOXING (Kru Ting) 6.30 am - 7.30am	COMBAT FITNESS (Sundeep) 6.30am-7.30am	MUAY THAI (Kru Ting) 6.30 am-7.30am	COMBAT FITNESS (Sundeep) 6.30am -7.30am	FITNESS KICKBOXING (Kru Ting) 6.30am - 7.30am		
10.00 am	FITNESS CIRCUIT (Sundeep) 10 am-10.45am		FITNESS CIRCUIT (Sundeep) 10 am-10.45am				FITNESS BOXING (Sundeep) 10am - 11am
11.00 am		TAI CHI (Mr Lim) 11 am-12pm					TAI CHI (Mr Lim) 11am - 12pm
12.30pm	LUNCH KICK BOX (Kru Ting) 12.30pm-1.30pm	LUNCH BOX (Jason) 12.30pm-1.30pm	LUNCH KICK BOX (Kru Ting) 12.30pm-1.30pm	LUNCH BOX (Jason) 12.30 pm - 1.30pm	LUNCH KICK BOX (Kru Ting) 12.30pm - 1.30pm	LUNCH BOX (Jason) 12.30p - 1.30pm KIDS MARTIAL ARTS (Sundeep) 12.30pm - 1.30pm	
1.30 pm	MMA (Dan K) 1.30pm - 2.15pm	BJJ - GI Dan k 1.30pm - 3.00pm	MMA Dan k 1.30pm - 2.15pm	BJJ - GI Dan k 1.30pm - 3.00pm		SPARRING (Chris A) 1.30pm - 2.30pm	
2.15 pm	BJJ (No GI) 2.15pm -3.00pm		BJJ (No GI) 2.15pm - 3.00pm				
2.30 pm						TEEN TOURNAMENT (Sundeep) 2.30pm - 3.30pm	
3.30 pm						KUNG FU (Sundeep) 3.30pm -4.30pm	
4.15 pm	KIDS MARTIAL ARTS (Chris F +Sundeep) 4.15pm - 5.00pm	KIDS MARTIAL ARTS (Chris F +Sundeep) 4.15pm - 5.00pm	KIDS MARTIAL ARTS (Chris F +Sundeep) 4.15pm 5.00pm	KIDS MARTIAL ARTS (Chris F +Sundeep) 4.15pm - 5.00pm	KIDS MARTIAL ARTS (Chris F +Sundeep) 4.15pm -5.00pm		
5.00 pm	TEEN MMA (Dan K) 5.00pm - 6.00pm	TEEN BJJ (Dan K) 5.00pm - 6.00pm	TEEN MMA (Dan K) 5.00pm - 6.00pm	TEEN BJJ (Dan K) 5.00pm - 6.00pm			
6.00 pm		JUDO (Noa) 6.00pm - 7.00pm		JUDO (Noa) 6.00pm - 7.00pm			
6.15 pm	FITNESS KICKBOXING (Chris A) 6.15pm - 7.00pm FITNESS CIRCUIT (Chris F) 6.15pm - 7.00pm	FITNESS BOXING (Jason) 6.15pm - 7.00pm	FITNESS KICKBOXING (Chris A) 6.15pm - 7.00pm	FITNESS BOXING (Jason) 6.15pm - 7.00pm			
7.00 pm	BJJ (Dan S) 7.00pm - 8.30pm KICKBOXING (Kru Ting) 7.00pm - 8.00pm SELF DEFENCE BSB (Sundeep) 7.00pm - 8.00pm	FEMALE FITNESS BJJ (Chris A) 7.00pm - 8.00pm MUAY THAI (Kru Ting) 7.00pm - 8.30pm MMA (Dan K) 7.00pm - 8.00pm	BJJ (Dan S) 7.00pm - 8.30pm KICKBOXING (Kru Ting) 7.00pm - 8.00pm SELF DEFENCE BSB (Sundeep) 7.00 - 8.00pm	FEMALE FITNESS (Chris A) 7.00pm - 8.00pm MUAY THAI (Kru Ting) 7.00pm - 8.30pm MMA (Dan K) 7.00pm - 8.00pm	MUAY THAI (Sparring) All Levels (Kru Ting) 7.00pm - 8.00pm		
8.00 pm	MUAY THAI Technique class (Kru Ting) 8.00pm - 9.00pm KUNG FU (Anthony) 8.00pm 9.00pm	ADV BJJ (Dan S) 8.00pm - 9.00pm	MUAY THAI (Kru Ting) 8.00pm - 9.00pm KUNG FU (Dr Lewis) 8.00pm - 9.00pm	ADV BJJ (Dan S) 8.00pm - 9.00pm KUNG FU (Dr Lewis) 8.00pm - 9.00pm			