

Sweat Box Gym - Full Class Timetable						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ (Gi) Fundamentals 07:00 - 08:00	No Gi BJJ - All levels Fundamentals 07:00 - 08:00	BJJ (Gi) Fundamentals 07:00 - 08:00		BJJ (Gi) Fundamentals 07:00 - 08:00		
RISE & HIIT 07:15 - 08:00		RISE & HIIT 07:15 - 08:00		RISE & HIIT 07:15 - 08:00		
					Boxing - Youth 9:30 - 10:30	
					Olympic lifting 10:00 - 11:00	MMA All Levels 10:00 - 11:00
					BJJ (Gi) - Parent & Child 10:00 - 11:00	BJJ - Open Mat Members only - all levels 10:00 - 12:00
					Muay Thai Beginners 10:30 - 12:00	
					BJJ - Youth Comp Team Sparring 11:00 - 12:00	
					Calisthenics 11:30 - 12:30	
					Sparring (Stand - up) 12:00 - 14:00	Muay Thai All levels 13:00 - 14:00
	BJJ (Gi) All Levels 12:30 - 14:00	No Gi (BJJ) Intermediate /advanced 12:30 - 14:00	BJJ (Gi) All Levels 12:30 - 14:00			
	BJJ (Gi) - Youth All Levels 17:00 - 18:00	Calisthenics - Youth - Over 10 yrs 17:15 - 18:00	BJJ (Gi) - Youth All Levels 17:00 - 18:00	Calisthenics - Youth - Under 10 yrs 17:15 - 18:00		
	Boxing - Youth 17:00 - 18:00		Boxing - Youth 17:00 - 18:00			
Olympic lifting 18:00 - 19:00	Calisthenics 18:00 - 19:00	STRONG - S&C 18:00 - 19:00	The Female Fight Club 18:00 - 18:45	STRONG - Bodyweight flow 18:00 - 19:00		
Calisthenics 18:00 - 19:00		Calisthenics 18:00 - 19:00		Boxing All Levels 18:00 - 19:00		
MMA All Levels 18:00 - 19:30	Muay Thai All Levels 18:00 - 19:30	Boxing All Levels 18:00 - 19:30		No Gi (BJJ) Intermediate/Advanced 18:00 - 19:00		
No Gi BJJ - All levels Fundamentals 18:15 - 19:15	BJJ (Gi) Beginners 18:15 - 19:15	Wrestling 18:00 - 19:15	BJJ (Gi) Beginners 18:15 - 19:15			
	The Female Fight Club 18:30 - 19:15		MMA All Levels 18:00 - 19:30			
STRONG - S&C 19:00 - 20:00		The Female Fight Club 19:00 - 19:45	Calisthenics 19:00 - 20:00			
		No Gi (BJJ) - Sparring Intermediate / Advanced 19:15 - 20:00		No Gi (BJJ) - Sparring Intermediate/Advanced 19:00 - 20:00		
BJJ (Gi) Intermediate/Advanced 19:30 - 21:00	BJJ (Gi) Intermediate/Advanced 19:30 - 21:00		BJJ (Gi) Intermediate/Advanced 19:30 - 21:00			
Boxing All Levels 19:30 - 21:00	MMA All Levels 19:30 - 21:00		Muay Thai All Levels 19:30 - 21:00			
		Muay Thai All Levels 19:45 - 21:15				
		Yoga 20:00 - 21:00		BJJ (Gi) Beginners 20:00 - 21:00		
Martial Arts; BJJ		Martial Arts; Boxing, MMA, Muay Thai		Fitness		