



FITNESS AND MARTIAL ARTS TRAINING SCHEDULE

New schedule with effect from 12 June 2017.

All classes are 1-hour long, unless stated otherwise.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
6:45AM BJJ INT	6:45AM MUAY THAI BASIC	6:45AM BJJ BASIC	6:45AM MUAY THAI INT	6:45AM BJJ INT	6:45AM MUAY THAI BASIC		6:45AM BJJ BASIC	6:45AM MUAY THAI INT	6:45AM BJJ INT	6:45AM MUAY THAI BASIC	10AM LITTLE NINJAS	10AM FAMA FIT	10AM LITTLE NINJAS	10AM FAMA FIT	
7:45AM BJJ BASIC	7:45AM MUAY THAI INT	7:45AM BJJ INT	7:45AM MUAY THAI BASIC	7:45AM BJJ BASIC	7:45AM MUAY THAI INT		7:45AM BJJ INT	7:45AM MUAY THAI BASIC	7:45AM BJJ BASIC	7:45AM MUAY THAI INT	11AM JUNIOR WARRIORS	11AM MUAY THAI BASIC	11AM JUNIOR WARRIORS	11AM MUAY THAI BASIC	
11:15AM FAMA FIT		11:15AM BJJ NO GI	11:15AM MUAY THAI BASIC	11:15AM FAMA FIT INT			11:15AM BJJ NO GI	11:15AM MUAY THAI BASIC	11:15AM FAMA FIT		12:15PM BJJ INT		12:15PM BJJ BASIC		
12:15PM BJJ INT	12:15PM MUAY THAI BASIC	12:15PM BJJ BASIC	12:15-12:45PM QUICKFIT	12:15PM BJJ INT	12:15PM MUAY THAI BASIC		12:15PM BJJ BASIC	12:15-12:45PM QUICKFIT	12:15PM BJJ INT	12:15PM MUAY THAI BASIC	1:15 - 2PM BJJ SPAR		1:15PM BJJ NO GI		
1:15PM BJJ BASIC	1:15PM MUAY THAI INT	1:15PM BJJ INT	12:45PM MUAY THAI INT	1:15PM BJJ BASIC	1:15PM MUAY THAI INT		1:15PM BJJ INT	12:45PM MUAY THAI INT	1:15PM BJJ BASIC	1:15PM MUAY THAI INT					
		4PM KIDS MUAY THAI						4PM KIDS MUAY THAI				LEGEND		LEVEL	
5PM LITTLE NINJAS		5PM FAMA FIT		5PM LITTLE NINJAS	5PM FAMA FIT		5 - 6:30PM JUNIOR WARRIORS	5PM COMBAT FITNESS	5PM LITTLE NINJAS	5PM FAMA FIT	LITTLE NINJAS		BJJ FOR AGES 3 - 12		
6PM BJJ BASIC	6PM FAMA FIT INT	6:30PM BJJ INT		6PM BJJ BASIC	6PM FAMA FIT INT	6PM *PHYSIO THERAPY	6PM JUNIOR WARRIORS	6PM MUAY THAI BASIC	6PM BJJ BASIC	6PM FAMA FIT INT	BJJ SPARRING		OPEN FLOOR / FREE ROLLING WHITE BELT 2 STRIPES ^		
7 - 7:30PM JUDO FOR BJJ	7PM MUAY THAI BASIC	7PM FAMA FIT		7 - 7:30PM JUDO FOR BJJ	7PM MUAY THAI BASIC		6:30PM BJJ INT	7PM FAMA FIT	7 - 7:30PM JUDO FOR BJJ	7PM MUAY THAI BASIC	BJJ NO GI		WHITE BELT 2 STRIPES ^		
7:30PM BJJ INT	8PM MUAY THAI INT	7:30PM BJJ BASIC		7:30PM BJJ DRILLS	8PM MUAY THAI INT		7:30PM BJJ BASIC		7:30PM BJJ INT	8PM MUAY THAI INT	BJJ DRILLS		ALL		
8:30 - 9PM BJJ SPAR				8:30 - 9PM BJJ SPAR					8:30 - 9PM BJJ SPAR		MUAY THAI BASIC		ALL		
												MUAY THAI INTERMEDIATE		INSTRUCTOR'S DISCRETION	
												KIDS MUAY THAI		MUAY THAI FOR AGES 3 - 12	
												QUICKFIT		ALL	
												FAMA FIT		ALL	
												FAMA FIT INTERMEDIATE		INSTRUCTOR'S DISCRETION	
												COMBAT FITNESS		INSTRUCTOR'S DISCRETION	

NOTE: Sparring classes will only take place if there are sparring partners present.

**Physiotherapy sessions are exclusively for FaMA members. It is not a class.*