

There's training, then there's



TIMETABLE

EFFECTIVE DECEMBER 2013

MONDAY

4.00pm	Shooto for Juniors
5.00pm	Thai Boxing
6.00pm	Jiu Jitsu
7.00pm	Shooto
8.00pm	Fighters & Trainers only

TUESDAY

4.00pm	Shooto for Juniors
5.30pm	Thai Boxing
6.30pm	Combat Submission Wrestling
7.30pm	Strength & Conditioning
8.30pm	Powercore Running Club

WEDNESDAY

4.00pm	Shooto for Juniors
5.00pm	Thai Boxing
6.00pm	Jiu Jitsu
7.00pm	Shooto
8.00pm	Fighters & Trainers only

THURSDAY

4.00pm	Shooto for Juniors
5.30pm	Thai Boxing
6.30pm	Combat Submission Wrestling
7.30pm	Shooto
8.30pm	Powercore Running Club

FRIDAY

4.00pm	Shooto for Juniors
5.00pm	Combat Submission Wrestling
6.00pm	Shooto
7.00pm	Jiu Jitsu
8.00pm	Strength & Conditioning

SATURDAY

10.00am	Bakbakan Kali
11.00am	Jiu Jitsu
12.00pm	Thai Boxing