



CORE COMBAT CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI (09.00 - 10.00)	BJJ No-Gi (09.00 - 10.00)	MUAY THAI (09.00 - 10.00)	BJJ No-Gi (09.00 - 10.00)	MUAY THAI (09.00 - 10.00)	ESKRIMA KALI-ARNIS (09.00 - 10.30)	CLOSED
OPEN GYM (10.00 - 11.00)	OPEN GYM (10.00 - 11.00)	OPEN GYM (10.00 - 11.00)	OPEN GYM (10.00 - 11.00)	OPEN GYM (10.00 - 11.00)	WEAPONS SPARRING (10.30 - 11.00)	
EMERGENCY SELF-DEFENSE (11.00 - 12.30)	WESTERN BOXING (11.00 - 12.30)	EMERGENCY SELF-DEFENSE (11.00 - 12.30)	WESTERN BOXING (11.00 - 12.30)	EMERGENCY SELF-DEFENSE (11.00 - 12.30)	WESTERN BOXING (11.00 - 12.30)	
OPEN GYM (13.00 - 17.00)	OPEN GYM (13.00 - 14.00)	OPEN GYM (13.00 - 17.00)	OPEN GYM (13.00 - 14.00)	OPEN GYM (13.00 - 17.00)	YOUNG NAGAS KICKBOXING (13.00 - 13.45)	
	EMERGENCY SELF-DEFENSE (14.00 - 15.30)		EMERGENCY SELF-DEFENSE (14.00 - 15.30)		JUNIOR KICKBOXING (14.00 - 15.30)	
	OPEN GYM (16.00 - 17.00)		OPEN GYM (16.00 - 17.00)		OPEN GYM (16.00 - 17.00)	
BJJ No-Gi (17.00 - 18.00)	YOUNG NAGAS KICKBOXING (17.00 - 17.45)	BJJ No-Gi (17.00 - 18.00)	YOUNG NAGAS KICKBOXING (17.00 - 17.45)	BJJ No-Gi (17.00 - 18.00)	COMPETITION TRAINING (17.00 - 19.00)	
MMA (18.00 - 19.20)	JUNIOR KICKBOXING (18.00 - 19.00)	MMA (18.00 - 19.20)	JUNIOR KICKBOXING (18.00 - 19.00)	MMA (18.00 - 19.20)		
				MUAY THAI (18.00 - 19.20)		
MUAY THAI (19.20 - 20.30)	ESKRIMA KALI-ARNIS (19.00 - 20.30)	MUAY THAI (19.20 - 20.30)	ESKRIMA KALI-ARNIS (19.00 - 20.30)	SPARRING (19.30 - 20.30)	CLOSED	



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