

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Virtual Spin (45 mins)	No Gi (60 mins)	Virtual Spin (45 mins)	No Gi (60 mins)			
6:30AM					SWEAT 30 (30 mins)		
8:00AM						Virtual Spin (45 mins)	Virtual Spin (45 mins)
9:00AM					Virtual Spin (45 mins)		
9:30AM	BJJ (Gi) technical	Virtual Spin (30 mins)	BJJ (Gi) technical	Virtual Spin (30 mins)			
10:00AM	BJJ (Gi) Sparring (60 mins)	Physio Led Pilates (60 mins)	BJJ (Gi) Sparring (60 mins)	Pilates (45 mins)	BJJ (Gi) Sparring (60 mins)	BJJ Open Mat (60 mins)	Circuit Training (45 mins)
2:30PM					Virtual Spin (45 mins)		
17:30PM	Strength 30 (30 mins)		Strength 30 (30 mins)				
18:00PM	Virtual Spin (45 mins)	Circuit training (45 mins)	Virtual Spin (45 mins) Karate private hire	Kettlebells (45 mins)	Circuit training (45 mins)		
18:30PM	Junior Judo (60 mins)						
19:00PM		Pilates (45 mins)	BJJ Beginner (60 mins)	Virtual Spin (45 mins)	BJJ (Gi) All (60 mins)		
19:30PM	Senior Judo (90 mins)	Virtual Spin (45 mins)		Senior Judo (90mins)			