

**MT / KB** Muay Thai - Kickboxing  
**DKB** Dutch Kickboxing  
**Nogi** No-Gi Submission Grappling

**MMA** Mixed Martial Arts  
**FSMA** Freestyle Martial Arts  
**BJJ** Brazilian Jiu-Jitsu

**FSC** FUSION Strength & Conditioning 45 min  
B Beginner Classes 45 min  
M Mixed level Classes 55 min

A Advanced Classes 55 min  
F Fighter Classes 55 min  
Kids Classes 45 min

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>9 am</b>							Open Mat
<b>10 am</b>	MT / KB M						MMA M
<b>Noon</b>		Nogi M	BJJ M MT B	MMA M	Nogi M MT B	BJJ M	Kids MMA
<b>1 pm</b>		MMA M	Nogi M MT M	BJJ M	MMA M MT M	Nogi M	FSMA M
<b>2 pm</b>		BJJ M	MMA M	Nogi M	BJJ M	MMA M	
<b>4:30 pm</b>		Kids Nogi	Kids MMA	Kids BJJ	Kids MT		
<b>6 pm</b>		MT / KB M Nogi M	MMA B BJJ B	MT / KB B Nogi B	MMA M BJJ M	MT / KB A	
<b>7 pm</b>		MT / KB B Nogi B	MMA M BJJ M	MT / KB M Nogi M	MMA B BJJ B	MT / KB B	



Gym Open Hours | 12 pm - 8 pm Mon | 10 am - 8 pm Tue, Wed, Thur | 10 am - 7 pm Fri | 10 am - 2 pm Sat | 10 - 12 pm Sun

# TRAINING SCHEDULE

TITANTRAININGGROUND.COM | 93 DURHAM ST SOUTH, CHCH.

## **MUAY THAI - THE ART OF EIGHT LIMBS**

Build confidence and strength through Thailand's national striking art. Learn to deliver powerful punches, kicks, knees, and elbows while improving coordination, cardio health, fitness, and focus. Muay Thai offers an incredible full-body workout and a practical self-defence system — helping you move with purpose and feel empowered both inside and out.

## **DUTCH KICKBOXING - PRECISION MEETS POWER**

A fast, energetic mix of boxing, knee and kick combinations. Dutch Kickboxing tones the body, boosts fitness, and sharpens reflexes. Expect high-energy sessions that build strength, confidence, and control — a fun way to sweat, smile, and grow stronger with every class.

## **MIXED MARTIAL ARTS (MMA) - COMPLETE COMBAT FITNESS**

MMA combines striking, wrestling, and submission grappling for total-body conditioning. You'll gain strength, endurance, and practical self-defense skills, while learning to remain calm and confident under pressure. It's fitness with purpose — adaptable, empowering, and endlessly rewarding.

## **BRAZILIAN JIU-JITSU (BJJ) - TECHNIQUE OVER STRENGTH**

BJJ teaches leverage and control to overcome size and strength. It fosters flexibility, problem-solving skills, and self-confidence in a supportive environment. Perfect for participants of all levels, BJJ is a powerful way to stay fit, think smart, and protect yourself.

## **NO-GI SUBMISSION GRAPPLING - REALISTIC GROUND CONTROL**

Train without the traditional BJJ uniform for a faster, more athletic style.

No-Gi training enhances balance, coordination, and strength while teaching essential techniques, including escapes and submissions. It's practical, fitness-focused, and great for building confidence and body awareness.

## **FUEION STRENGTH & CONDITIONING - TRAINING FOR LIFE**

Our FUEION Strength and Conditioning classes combine the best of functional fitness — strength, mobility, cardio endurance, and explosive power — in one dynamic session. Every workout builds a powerful, faster, more capable body that performs in the gym and in life. Train to move better, feel powerful, and stay ready for anything.