



TitanTG Training Timetable

Summer
2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	Midday - 8 pm	Midday - 8 pm	Midday - 8 pm	Midday - 8 pm	Midday - 8 pm	10 am - 2 pm	Closed
12 noon		BJJ		BJJ		Warrior Kids + Free Style martial Arts	
1 pm		Muay Thai		Muay Thai			
4 pm		Warrior Kids		Warrior Kids			
5 pm	Strike Fit	Supa Octane	Iron Octane		Strike Fit		
5:30 pm	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Dutch Kick Boxing BJJ Gi / No Gi / MMA	Muay Thai		
6:00 pm	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Dutch Kick Boxing BJJ Gi / No Gi / MMA	Muay Thai		
6:30 pm	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Dutch Kick Boxing BJJ Gi / No Gi / MMA	Muay Thai		
7:00 pm	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Muay Thai BJJ Gi / No Gi / MMA	Dutch Kick Boxing BJJ Gi / No Gi / MMA	Muay Thai		