

# TITAN TRAINING GROUND

## TRAINING SCHEDULE

93 DURHAM STREET SOUTH, CHRISTCHURCH 8023

TITANTRAININGGROUND.COM

40+

CLASSES  
PER WEEK

### MUAY THAI

Mondays	10am, 3pm, 6pm
Tuesdays	1pm, 6pm
Wednesdays	6:30am, 6pm
Thursdays	1pm
Fridays	10am, 6pm
Saturdays	10am
Sundays	10am

### DUTCH KICKBOXING

Wednesdays	10am
Thursdays	6pm
Fridays	3pm

### NOGI SUBMISSION GRAPPLING

Mondays	Midday, 6pm
Tuesdays	3pm
Wednesdays	1pm, 6pm
Thursdays	Midday

### BRAZILIAN JIU JITSU - BJJ

Tuesdays	Midday
Wednesdays	3pm
Fridays	Midday

### MIXED MARTIAL ARTS - MMA

Mondays	1pm
Tuesdays	6pm
Wednesdays	Midday
Thursday	3pm, 6pm
Fridays	1pm

### STRENGTH & CONDITIONING

Mondays	5:30pm
Wednesdays	5:30pm
Fridays	5:30pm

### SPARRING

#### Muay Thai/K1

Mondays	7pm
Tuesdays	7pm
Wednesdays	7pm
Thursdays	7pm
Fridays	6pm*

#### Grappling

Mondays	7pm
Tuesdays	7pm
Wednesdays	6pm*
Thursdays	7pm

\*Competition Style

### BEGINNER FOUNDATION CLASSES

#### Kickboxing

Mondays	6pm
Tuesdays	5pm
Thursdays	5pm

#### Grappling

Tuesdays	6pm
Thursdays	6pm

### WARRIOR YOUTH

Thursdays	6pm
Saturdays	1pm

### WARRIOR KIDS

Tuesdays	4:30pm
Thursdays	4:30pm
Saturdays	Midday

#### Gym Open Hours

**Weekdays 10am to 8pm**

**Saturdays 10am to 2pm**

**Sundays 10am to midday**

Even more classes &  
options Coming soon!