



# TitanTG Training Timetable

S2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	10 am - 8 pm	10 am - 8 pm	10 am - 8 pm	10 am - 8 pm	10 am - 8 pm	10 am - 2 pm	Closed
10:00am			<b>Muay Thai</b> 6:30am All Levels 13yrs+ 55min			<b>Open Mat</b> BJJ + NoGi All Levels 13yrs+ 2hrs	
10:00 am	<b>Muay Thai</b> All Levels 13yrs+ 55min		<b>Muay Thai</b> All Levels 13yrs+ 55min		<b>Muay Thai</b> All Levels 13yrs+ 55min	<b>Muay Thai</b> All Levels 13yrs+ 2hrs	
12:00 noon		<b>BJJ Gi</b> All Levels 13yrs+ 55min	<b>MMA</b> All levels 13yrs+ 55min	<b>BJJ No-Gi</b> All Levels 13yrs+ 55 min		<b>Warrior Kids</b> Free Style Martial Arts All levels 8-12yrs 55min	
1:00 pm		<b>Muay Thai</b> All levels 13yrs+ 55min		<b>Muay Thai</b> All levels 13yrs+ 55 min		<b>Warrior Youth</b> Free Style Martial Arts All levels 13yrs+ 55min	
3:00 pm	<b>Muay Thai</b> All levels 13yrs+ 55min	<b>Muay Thai</b> All levels 13yrs+ 55min		<b>Muay Thai</b> All levels 13yrs+ 55min	<b>Muay Thai</b> All levels 13yrs+ 55min		
4:30 pm		<b>Warrior Kids</b> Free Style Martial Arts All levels 8-12yrs 55min		<b>Warrior Kids</b> Free Style Martial Arts All levels 8-12yrs 55min			
5:00 pm		<b>Foundation Kickboxing</b> For Muay Thai, MMA Dutch Kick Boxing Beginners 45min		<b>Foundation Kickboxing</b> For Muay Thai, MMA Dutch Kick Boxing Beginners 45min			
5:30 pm	<b>Supa Octane SC</b> Body weight Circuit All levels 13yrs+ 25min		<b>Iron Octane SC</b> Resistance Circuit All levels 13yrs+ 25min		<b>Strike Fit SC</b> Striking Circuit All levels 13yrs+ 25 min		
5:30pm	<b>Fighters</b> Muay Thai / K1 13yrs+ 2hrs		<b>Fighters</b> Muay Thai / K1 13yrs+ 2hrs				
6:00 pm	<b>Muay Thai</b> All levels 13yrs+ 85min	<b>Muay Thai</b> All levels 13yrs+ 85min	<b>Muay Thai</b> All levels 13yrs+ 85min	<b>Dutch Kick Boxing</b> All levels 13yrs+ 85min	<b>Muay Thai</b> All levels 13yrs+ 85min		
6:00 pm	<b>No-Gi</b> All Levels 13yrs+ 85min	<b>MMA</b> All Levels 13yrs+ 85min	<b>BJJ Gi &amp; NoGi</b> All Levels 13yrs+ 85min	<b>MMA &amp; Warrior Youth</b> Free Style Martial Arts All levels 13yrs+ 55min			
6:00 pm	<b>Foundation Kickboxing</b> For Muay Thai, MMA Dutch Kick Boxing Beginners 13yrs+ 45min		<b>Foundation Kickboxing</b> For Muay Thai, MMA Dutch Kick Boxing Beginners 13yrs+ 45min				