



TitanTG Training Timetable

S2023U

	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	10 am - 12 noon
10:00am			Muay Thai 6:30am All levels 55min			Open Mat BJJ + NoGi All levels 2hrs	
10:00 am	Muay Thai All levels 55min		Dutch Kick Boxing K1 All levels 55min		Muay Thai All levels 55min	Muay Thai All levels 2hrs	Muay Thai All levels 2hrs
12:00 noon	No-Gi Submission Grappling All levels 55min	Brazilian Jiu Jitsu All Levels 55min	MMA All Levels 55min	No-Gi Submission Grappling All levels 55 min	Brazilian Jiu Jitsu All levels 55min	Warrior Kids Free Style Martial Arts All levels 8-12yr olds 55min	
1:00 pm	MMA Mixed Martial Arts All levels 55min	Muay Thai All levels 55min	No-Gi Submission Grappling All levels 55min	Muay Thai All levels 55 min	MMA Mixed Martial Arts All levels 55min	Warrior Youth Free Style Martial Arts All levels 13yrs old+ 55min	
3:00 pm	Muay Thai All levels 55min	No-Gi Submission Grappling All levels 55min	Brazilian Jiu Jitsu All levels 55min	Mixed Martial Arts All levels 55min	Dutch Kick Boxing K1 All levels 55min		
4:30 pm		Warrior Kids Free Style Martial Arts All levels 8-12yrs olds 45min		Warrior Kids Free Style Martial Arts All levels 8-12yrs olds 45min			
5:00 pm		Foundation Kickboxing For Muay Thai, MMA, Dutch Kick Boxing Beginners 45min		Foundation Kickboxing For Muay Thai, MMA, Dutch Kick Boxing Beginners 45min			
5:30 pm	Supa Octane SC Body weight Circuit All levels 25min		Iron Octane SC Resistance Circuit All levels 25min		Strike Fit SC Striking Circuit All levels 25 min		
5:30pm	Fighters Muay Thai / K1 2hrs		Fighters Muay Thai / K1 2hrs				
6:00 pm	Muay Thai All levels 85min	Muay Thai All levels 85min	Muay Thai All levels 85min	Dutch Kick Boxing All levels 85min	Muay Thai All levels 85min		
6:00 pm	No-Gi Submission Grappling All levels 85min	MMA Mixed Martial Arts All Levels 85min	No-Gi Submission Grappling Comp Style Sparring All levels 55 min	MMA Mixed Martial Arts Free Style Martial Arts All levels 55min	Muay Thai / K1 Comp Style Sparring All levels 55min		
6:00 pm	Foundation Kickboxing For Muay Thai, MMA Dutch Kick Boxing Beginners 45min	Foundation Grappling For BJJ, No-Gi, MMA, Beginners 45min		Warrior Youth Free Style Martial Arts All levels 55 min			