



Christmas and New Year Plans

Saturday 19 December

Open Mat Sessions - 10am to 1pm.

Sunday 20 December

Closed

Monday 21 December

Boxing - 8:30-9:30am

BJJ - 8:30am-9:30am

MMA - 5-6pm

Muay Thai - 6:30-7:30pm

Tuesday 22 December

Muay Thai - 12:30-1:30pm

Boxing - 5-6pm

BJJ - 6:30-7:30pm

Wednesday 23 December

Boxing - 8:30-9:30am

Wrestling - 8:30-9:30am

MMA - 5-6pm

Muay Thai - 6:30-7:30pm

Thursday 24 December

Open Mat Sessions - 10am to 1pm.

Closed

Friday 25 December

Saturday 26 December

Sunday 27 December

Monday 28 December (bank holiday)



Christmas and New Year Plans

Tuesday 29 December

Muay Thai - 12:30-1:30pm

Boxing - 5-6pm

BJJ - 6:30-7:30pm

Wednesday 30 December

Boxing - 8:30-9:30am

Wrestling - 8:30-9:30am

MMA - 5-6pm

Muay Thai - 6:30-7:30pm

Thursday 31 December

Open mats - 10am-1pm

Closed

Friday 1 January

Saturday 2 January

Sunday 3 January

Monday 4 January

Open!