

## London Fight Factory - Zoom Timetable

Please register for classes at least 4 hours' in advance to ensure you receive the Zoom link in plenty of time

### Monday

8:30am - Boxing  
12:30pm - Dynamic Stretching\*  
4:30pm - Kids BJJ (6-9 year olds)  
6pm - Brazilian Jiu Jitsu  
6pm - Muay Thai  
6pm - MMA

### Tuesday

8:30am - Swing to Win\*\*  
12:30pm - Muay Thai  
4:30pm - Kids Muay Thai (9-14 year olds)  
6pm - Brazilian Jiu Jitsu  
6pm - Boxing

### Wednesday

7:15am - Brazilian Jiu Jitsu  
8:30am - Boxing  
12:30pm - Dynamic Stretching  
4:30pm - Kids BJJ (6-9 year olds)  
6pm - Muay Thai  
6pm - MMA

### Thursday

7:30am - Muay Thai  
4:30pm - Kids Muay Thai (9-14 year olds)  
6pm - Brazilian Jiu Jitsu  
6pm - Boxing  
7pm - Wrestling Mobility/Recovery

### Friday

7:15am - Brazilian Jiu Jitsu  
12.30pm - Swing to Win

### Saturday

9:30am - Wrestling Mobility/Recovery  
9:30am - MMA  
10am - Muay Thai  
10am - Boxing  
11am - Brazilian Jiu Jitsu

\*Intensive drills and flows inspired by yoga and pilates

\*\*Kettlebell workout but kettlebells not essential