



## **Christmas and New Year Plans**

London is now in Tier 3 and so structured classes are no longer allowed to take place. However, we are still open so please book as usual - via ClubManager - to use the gym/weights area, punch bags, grappling dummies, mats etc. If you have a support bubble training partner, you can also train with them during open mat sessions.

### **Saturday 19 December**

Gym/Open Mat Sessions - 10am to 1pm

### **Sunday 20 December**

Closed

### **Monday 21 December**

Gym/Open Mat Sessions – 8:30am to 10:30am

Gym/Open Mat Sessions – 5pm to 8pm

### **Tuesday 22 December**

Gym/Open Mat Sessions – 12noon to 2pm

Gym/Open Mat Sessions – 5pm to 8pm

### **Wednesday 23 December**

Gym/Open Mat Sessions – 8:30am to 10:30am

Gym/Open Mat Sessions – 5pm to 8pm

### **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**

Gym/Open Mat Sessions – 12noon to 2pm

Gym/Open Mat Sessions – 5pm to 8pm

### **Wednesday 30 December**

Gym/Open Mat Sessions – 8:30am to 10:30am

Gym/Open Mat Sessions – 5pm to 8pm

### **Thursday 31 December**

Open mats - 10am-1pm

### **Closed**

Friday 1 January

Saturday 2 January

Sunday 3 January

### **Monday 4 January**

Gym/Open Mat Sessions – other details to be confirmed...