

CLASS

SCHEDULE

BJJ · GI

BJJ · NO-GI

BOXING

KICKBOXING

WRESTLING

MMA

STRENGTH

KIDS & JUNIORS

OPEN MAT

INTRO CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
7:00 AM		BJJ · No-Gi 7:00	BJJ · No-Gi 7:00		BJJ · No-Gi 7:00	PERSONAL TRAINING ONLY					
7:30 AM											
8:00 AM		PRO-FIGHTERS — BY INVITATION ONLY									
8:30 AM											
9:00 AM	Little Dragons 9:00										
9:30 AM											
10:00 AM	PERSONAL TRAINING — BY APPOINTMENT				BJJ · Gi 10:00	BJJ · No-Gi 10:00	BJJ · Gi 10:00				
10:30 AM											
11:00 AM									BJJ Open Mat 11:00	BJJ Open Mat 11:00	
11:30 AM											
12:00 PM	BJJ · Gi 12:00	BJJ · Gi 12:00	BJJ · No-Gi 12:00	BJJ · Gi 12:00	BJJ · Gi 12:00	Boxing · Optional Sparring 12:30	Submission Wrestling 12:00				
12:30 PM											
1:00 PM	Boxing 1:00	Wrestling 1:00	Boxing 1:00	BJJ · No-Gi 1:00	Boxing 1:00						
1:30 PM											
2:00 PM	Strength 101 2:00	MMA 2:00	Strength 101 2:00	MMA 2:00	Strength 101 2:00	Teens Kickboxing 2:00					
2:30 PM											
3:00 PM	PRO-FIGHTERS — INVITE ONLY					PERSONAL TRAINING ONLY					
3:30 PM											
4:00 PM	Little Dragons 4:15	Tiny Jitz · Gi 4:00	Little Dragons 4:15		Tiny Jitz · Gi 4:00						
4:30 PM											
5:00 PM	Juniors Kickboxing 5:00	Juniors BJJ · Gi 4:45	Juniors Kickboxing 5:00		Juniors BJJ · Gi 4:45						
5:30 PM											
6:00 PM	Teens Kickboxing 5:45	Teens BJJ · Gi 5:30	Teens Kickboxing 5:45	Intro Class 6:00	Teens BJJ · Gi 5:30						
6:30 PM	BJJ · No-Gi 6:30	Boxing Fundamentals 6:30	Kickboxing Fundamentals 6:30	Kickboxing Drills 6:30	Wrestling 6:30						
7:00 PM											
7:30 PM	BJJ Open Mat 7:30	BJJ · Gi 7:30	BJJ · No-Gi 7:30	BJJ · Gi 7:30							
8:00 PM											
8:30 PM				MMA 8:30							
9:00 PM											
9:30 PM											



SCAN FOR A

FREE

3-DAY TRIAL

OPENING HOURS

Mon–Fri 7am – 9pm

Sat & Sun 9am – 4pm

020 3302 1800

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