

ASCEND TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM - 6:20 AM MUAY THAI	5:30 AM - 6:20 AM BJJ - GI	5:30 AM - 6:20 AM MUAY THAI	5:30 AM - 6:20 AM BJJ - NO GI	5:30 AM - 6:20 AM MUAY THAI	9:00 AM - 10:00 AM LADIES MUAY THAI
6:30 AM - 7:20 AM BOX FIT	6:30 AM - 7:20 AM SHRED & TONE	6:30 AM - 7:20 AM CARDIO HIIT	6:30 AM - 7:20 AM KICK FIT	6:30 AM - 7:20 AM FUNCTIONAL MOVEMENT	10:00 AM - 11:00 AM MUAY THAI
					2:00 PM - 4:00 PM OPEN MAT
3:30 PM - 4:10 PM KIDS MUAY THAI	3:30 PM - 4:10 PM KIDS KARATE	3:30 PM - 4:10 PM KIDS MMA	3:30 PM - 4:10 PM KIDS KARATE	3:30 PM - 4:10 PM KIDS BJJ	
4:45 PM - 5:25 PM KIDS KARATE	4:45 PM - 5:25 PM KIDS MUAY THAI	4:45 PM - 5:25 PM KIDS BJJ	4:45 PM - 5:25 PM KIDS MUAY THAI	4:45 PM - 5:25 PM KIDS MMA	
				5:30 PM - 6:30 PM LADIES HIIT	
5:30 PM - 6:30 PM MUAY THAI	5:30 PM - 6:30 PM MUAY THAI	5:30 PM - 6:30 PM LADIES MUAY THAI	5:30 PM - 6:30 PM MUAY THAI	5:30 PM - 6:30 PM COMPETITION CLASS	
6:30 PM - 7:30 PM BJJ - GI	6:30 PM - 7:30 PM MMA	6:30 PM - 7:30 PM BJJ - NO GI	6:30 PM - 7:30 PM MMA	6:30 PM - 7:30 PM BJJ - NO GI	
7:30 PM - 8:00 PM ROLLING	7:30 PM - 8:00 PM SPARRING	7:30 PM - 8:00 PM ROLLING	7:30 PM - 8:00 PM SPARRING	7:30 PM - 8:00 PM ROLLING	

**ALL
TIMES
ARE IN
NSW TIME**