

MONDAY

TIME	CLASS			DESCRIPTION	DRESS / EQUIPMENT	TRAINER
08h30 10h30	Boxing	Adult	Advanced	Traditional boxing for Pro fighters and fighters. Work individually. Andile takes pads and shows you where and how to work. The work ethic is high and you will need to be fit to keep up.	Shorts or track pants T-shirt or sweatshirt	Andile
17h00 18h00	Kids Jiu Jitsu	Cubs	Beginner Intermediate Advanced	Gi or no Gi, I would prefer the MMA guys to train in their MMA kit	Gi or MMA shorts T-shirt or rash guard	Regis
18h00 18h45	Strength and Fitness	Adult	Beginner Intermediate Advanced	Cardio and strength training, excellent for toning and getting fit.	Track pants or shorts T-shirt or sweatshirt takkies	Gina
18h00 19h00	Jiu Jitsu Master cycle	Adult	Intermediate Advanced	These classes are more advanced. Each chapter is 8 weeks and is broken down into controls, escapes, submissions, submission counters / escapes and 30 minutes of sparring	Gi or MMA shorts T-shirt or rash guard	Gary
19h00 20h00	Muay Thai K-1	Adult	Intermediate Advanced	Muay Thai work out. Pad work, bag work, shadow boxing, technique and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Anthony Sibusiso
20h00 21h00	Boxing	Adult	Beginner Intermediate Advanced	Traditional western boxing	Shorts or track pants T-shirt or sweatshirt	Gina

TUESDAY

TIME	CLASS			DESCRIPTION	DRESS	TRAINER
08h30 10h30	Boxing	Adult	Advanced	Traditional boxing for Pro fighters and fighters. Work individually. Andile takes pads and shows you where and how to work. The work ethic is high and you will need to be fit to keep up.	Shorts or track pants T-shirt or sweatshirt	Andile
11h00 13h00	MMA	Adult	Advanced	Mixture of standup, takedowns, take down defence, ground and pound and standing from the ground	T-shirt or rash guard MMA gloves mouth guard	Graham
17h00 18h00	Muay Thai K-1	Cubs	Beginner Intermediate Advanced	Pad work, bag work, technique, fitness, strength and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Sibusiso Jason Caley
18h00 19h00	Jiu Jitsu combatives	Adult	Beginner Intermediate Advanced	36 part series. Grappling and locks. Gi or no Gi, I would prefer the MMA guys to train in their MMA kit	Gi or MMA shorts T-shirt or rash guard	Gary
19h00 20h00	Muay Thai K-1	Adult	Beginner Intermediate Advanced	Muay Thai work out. Pad work, bag work, shadow boxing, technique and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Alan Dean
20h00 21h00	Boxing	Adult	Beginner Intermediate Advanced	Traditional western boxing	Shorts or track pants T-shirt or sweatshirt	Gina

WEDNESDAY

TIME	CLASS			DESCRIPTION	DRESS	TRAINER
10h30 11h30	K-1	Adult	Advanced	K-1 for Pro's and K-1 fighters. This is an advanced class and you will need to be fit.	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Gina
17h30 18h30	Jiu Jitsu - Master cycle	Adult	Intermediate Advanced	These classes are more advanced. Each chapter is 8 weeks and is broken down into controls, escapes, submissions, submission counters / escapes and 30 minutes of sparring	Gi or MMA shorts T-shirt or rash guard	Gary
18h30 19h30	Strength and Fitness	Adult	Beginner Intermediate Advanced	Cardio and strength training, excellent for toning and getting fit.	Track pants or shorts T-shirt or sweatshirt takkies	Gina
18h30 19h30	Muay Thai	Adult	Intermediate Advanced	Muay Thai work out. Pad work, bag work, shadow boxing, technique and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Anthony Sibusiso
19h30 20h30	Boxing	Adult	Beginner Intermediate Advanced	Traditional western boxing	Shorts or track pants T-shirt or sweatshirt	Gina

THURSDAY

TIME	CLASS			DESCRIPTION	DRESS	TRAINER
08h30 10h30	Boxing	Adult	Advanced	Traditional boxing for Pro fighters and fighters. Work individually. Andile takes pads and shows you where and how to work. The work ethic is high and you will need to be fit to keep up.	Shorts or track pants T-shirt or sweatshirt	Andile
10h30 12h30	MMA	Adult	Advanced	Mixture of standup, takedowns, take down defence, ground and pound and standing from the ground	T-shirt or rash guard MMA gloves mouth guard	Graham
17h00 18h00	Muay Thai K-1	Cubs	Beginner Intermediate Advanced	Pad work, bag work, technique, fitness, strength and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Sibusiso Jason Caley
18h00 19h00	Jiu Jitsu combatives	Adult	Beginner Intermediate Advanced	36 part series. Grappling and locks. Gi or no Gi, I would prefer the MMA guys to train in their MMA kit	Gi or MMA shorts T-shirt or rash guard	Gary
19h00 20h00	Muay Thai K-1	Adult	Beginner Intermediate Advanced	Muay Thai work out. Pad work, bag work, shadow boxing, technique and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Alan Dean
20h00 21h00	Boxing	Adult	Beginner Intermediate Advanced	Traditional western boxing	Shorts or track pants T-shirt or sweatshirt	Gina

FRIDAY

TIME	CLASS			DESCRIPTION	DRESS	TRAINER
08h30 10h30	Boxing	Adult	Advanced	Traditional boxing for Pro fighters and fighters. Work individually. Andile takes pads and shows you where and how to work. The work ethic is high and you will need to be fit to keep up.	Shorts or track pants T-shirt or sweatshirt	Andile
17h00 18h00	Kids MMA	Cubs	Beginner Intermediate Advanced	Gi or no Gi, I would prefer the MMA guys to train in their MMA kit	Gi or MMA shorts T-shirt or rash guard	Regis
18h00 19h00	MMA	Adult	Beginner Intermediate Advanced	Mixture of standup, takedowns, take down defence, ground and pound and standing from the ground	T-shirt or rash guard MMA gloves mouth guard	Graham
19h00 20h00	Boxing	Adult	Beginner Intermediate Advanced	Traditional western boxing	Shorts or track pants T-shirt or sweatshirt	Gina

SATURDAY

TIME	CLASS			DESCRIPTION	DRESS	TRAINER
09h00 10h30	MMA	Adult	Beginner Intermediate Advanced	Mixture of standup, takedowns, take down defence, ground and pound and standing from the ground	T-shirt or rash guard MMA gloves mouth guard	Graham
10h30 11h30	Muay Thai K-1	Adult	Beginner Intermediate Advanced	Muay Thai work out. Pad work, bag work, shadow boxing, technique and sparring	Muay Thai shorts mouth and head guards shinpads and groin guard elbow and knee guards gloves and wraps skipping rope	Alan Dean
11h00 12h00	Thai Chi	Adult	Beginner Intermediate Advanced	Thai Chi work out	Shorts or track pants T-shirt or sweatshirt	Marguerite

PLEASE TAKE NOTE OF THE FOLLOWING:

Cubs : 14 years and younger / **Adults** : older than 14 years

Beginner : training for less than 6 months / **Intermediate** : Training for between 6 months & 1 year / **Advanced** : training for over 1 year

CODE OF CONDUCT

Members to attend classes on time, preferably be there 5 mins before class starts. Please ensure wraps are on before class begins.

Members are to move to their designated areas before class begins. Do not enter any area if a class is in progress.

Latecomers will join the class only once the trainer has given permission in order to avoid any disruptions.

Check class for appropriate dress code & equipment needed. Equipment, etc can be purchased at reception or orders placed if no stock.

No shoes on the mats, in the ring or in the cage. All kit bags to be placed in the designated areas.

Food is strictly prohibited while training (this includes chewing gum).

Make sure you have your own towel and water. Water can be purchased at reception.

Strictly no jewellery is to be worn. No long finger or toe nails. Open wounds are to be dressed properly.

Talking in class is to be kept to a minimum

Trainers and students are to be treated with mutual respect at all times

