

TIMETABLE - TRIFECTA CENTRAL SQUARE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		TIME	SATURDAY		SUNDAY	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2		STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
9.30AM					TKD (SPARRING)						9.00AM	TKD KIDS (ALL LEVELS)		TKD KIDS (ALL LEVELS)	
10.30AM					TKD (TEST PREP)		10.00AM-11.00AM: BJJ (ALL LEVELS)		TKD (ALL LEVELS)		10.00AM	10.00AM-10.45AM: POWERTOTTS		TKD KIDS (L1)	
12.00PM	MUAY THAI (ALL LEVELS)	BJJ (BEG)	MUAY THAI (ALL LEVELS)	BJJ (BEG)	MUAY THAI (ALL LEVELS)	BJJ (BEG)	MUAY THAI (ALL LEVELS)	BJJ (BEG)	MUAY THAI (ALL LEVELS)	BJJ (BEG)	11.00AM	TKD KIDS (L1)		11.00AM-11.45AM: POWERTOTTS	
1.00PM	MUAY THAI (BEG)	BJJ (ALL LEVELS)	MUAY THAI (BEG)	BJJ (ALL LEVELS)	MUAY THAI (BEG)	BJJ (ALL LEVELS)	MUAY THAI (BEG)	BJJ (ALL LEVELS)	MUAY THAI (BEG)	BJJ (NO-GI)	12.00PM	TKD KIDS (ADV)		TKD KIDS (ADV)	
3.15PM			3.15PM-4.00PM: POWERTOTTS		3.15PM-4.00PM: POWERTOTTS		3.15PM-4.00PM: POWERTOTTS		3.15PM-4.00PM: POWERTOTTS		1.00PM	TKD KIDS (SPARRING)		TKD KIDS (SPARRING)	
4.00PM	TKD KIDS (L1)		TKD KIDS (L1)		TKD KIDS (L1)		TKD KIDS (L1)		TKD KIDS (L1)		1.30PM		BJJ KIDS (L1)		BJJ (BEG)
4.30PM				BJJ KIDS (L1)							2.00PM	TKD TEENS (ALL LEVELS)		FAMILY TKD (PARENT & CHILD)	
5.00PM	TKD KIDS (ALL LEVELS)		TKD KIDS (ALL LEVELS)		TKD KIDS (ALL LEVELS)		TKD KIDS (ALL LEVELS)		TKD KIDS (ALL LEVELS)		2.30PM		BJJ KIDS (ALL LEVELS)		BJJ (ALL LEVELS)
5.30PM		BJJ KIDS (ALL LEVELS)		BJJ KIDS (ALL LEVELS)		BJJ KIDS (ALL LEVELS)		BJJ KIDS (L1)		BJJ KIDS (ALL LEVELS)	3.00PM	TKD KIDS (L1)		TKD (SPARRING)	
6.00PM	TKD TEENS (ALL LEVELS)		TKD KIDS (SPARRING)		TKD TEENS (ALL LEVELS)		COMP TEAM (SPARRING)		TKD KIDS/TEENS (SPARRING)		3.30PM		BJJ (ALL LEVELS)		
6.30PM		BJJ (BEG)		BJJ (ALL LEVELS)		BJJ (BEG)		BJJ KIDS (ALL LEVELS)		BJJ (BEG)	4.00PM	COMP TEAM (SPARRING)		FAMILY TKD (PARENT & CHILD)	
7.00PM	MUAY THAI (ALL LEVELS)		MUAY THAI (BEG)		MUAY THAI (ALL LEVELS)		TKD (ALL LEVELS)		MUAY THAI (BEG)		4.30PM		BJJ (BEG)		BJJ KIDS (ALL LEVELS)
7.30PM		BJJ (NO-GI)		BJJ (BEG)		BJJ (ALL LEVELS)		BJJ (ALL LEVELS)		7.30PM - 9.00PM: BJJ (ALL LEVELS)	5.00PM				
8.00PM	MUAY THAI (BEG)		MUAY THAI (ALL LEVELS)		MUAY THAI (BEG)		MUAY THAI (ALL LEVELS)		MUAY THAI (ALL LEVELS)		5.30PM	SPECIAL TOPIC SEMINAR (BY REGISTRATION ONLY)		SPECIAL TOPIC SEMINAR (BY REGISTRATION ONLY)	
8.30PM		BJJ (ALL LEVELS)				BJJ (NO-GI)		BJJ (INT)							
9.00PM							MUAY THAI (BEG)								
9.30PM															

 Pre-scheduled attendance is required for class. Please call in advance to confirm your attendance.