

Mixed Martial Arts Timetable

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Monday

1pm - 2pm - No Gi grappling (All levels)

4pm - 5pm - Kids MMA (5-7 year olds)

5pm - 6pm - Teens MMA (13-17 year old)

6pm - 7.15pm - Fundamental beginners no gi grappling

7.30pm - 8.45pm - Intermediate to advanced no gi grappling

Thursday

4pm - 5pm - Kids MMA (8-12 year olds)

6.30pm - 7.30pm - Beginner wrestling for MMA

7.30pm - 9pm - Intermediate/advanced wrestling for MMA

Tuesday

4pm - 5pm - Kids MMA (8-12 year olds)

6.30pm - 7.30pm - MMA class with Pat McAlister

7.30pm - 9pm - MMA combat striking class

Friday

12pm - 1.15pm - Professional MMA striking

6pm - 7.30pm - No Gi grappling (All levels)

7.30pm - 9pm - Brazilian Jui Jitsu

Wednesday

1pm - 2pm - No Gi grappling (All levels)

4pm - 5pm - Kids MMA (5-7 year olds)

5pm - 6pm - Teen MMA (13-17 year old)

6.30pm - 7.30pm - MMA technical

striking with Liam Shannon

7.30pm - 9pm - Muay Thai Pads session

Saturday

11am - 12pm - Open mat grappling

Sunday

10.30am - 11.30am - Beginners

/intermediate sparring class

11.30am - 1pm FAI Fight Team Sparring

Membership costs:

Full MMA package - £70 D/D (£75 cash)

Stand up/grappling package - £45 D/D (£50 cash)

Kids MMA - £40 D/D only

£8 per session (Pay As You Go)

Monthly memberships gives you access to full use of gym, spin and circuit classes.

All classes must be pre booked via our app

