

CENTRAL COAST MMA TIMETABLE 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM		STRIKING/ FIGHT CIRCUITS		LACTIC SESSION	ALL LEVELS BOXING	
9AM						BOXING/ MMA SPARRING
4PM	BOXING	JUNIOR KICKBOXING	BOXING	JUNIOR BOXING	BOXING	
5PM	FIGHTERS MMA		FIGHTERS MMA	FIGHTERS MMA	FIGHTERS MMA	
6PM	BEGINNERS MMA	ALL LEVELS WRESTLING	BEGINNERS MMA	BEGINNERS MMA	BEGINNERS MMA	