

# Timetable for Adults

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Area
<b>MUAY THAI MIXED</b>	12.30 - 14.00 ParnPetch		12.30 - 14.00 ParnPetch		12.30 - 14.00	12.30 - 14.30		1st Floor Punchbag Area
<b>MUAY THAI MIXED</b>		14.30 - 15.30 ParnPetch						
<b>MUAY THAI MIXED</b>	15.30 - 17.00 ^Fighters training	15.30 - 17.00 ParnPetch	15.30 - 17.00 ^Fighters training	15.30 - 17.00 ParnPetch	15.30 - 17.00			
<b>MUAY THAI BEGINNERS</b>		18:00 - 19:00		18:00 - 19:00				
<b>MUAY THAI MIXED</b>	19.30 - 21.15 ParnPetch	19.30 - 21.15 ParnPetch	20.00 - 21.30 ParnPetch	19.30 - 21.15 ParnPetch	19.30 - 21.30			
<b>COMBAT CONDITIONING</b>	15.30 - 17.00 ParnPetch		15.30 - 17.00 ParnPetch					1st Floor Punchbag Area
<b>BOXING MIXED</b>	14.00 - 15.30		14.00 - 15.30		14.00 - 15.30	12.00 - 14.00 Denis		1st Floor Punchbag Area
<b>BOXING BEGINNERS</b>		18.00 - 19.30 Denis	18.00 - 19.30 Denis	18.00 - 19.30 Denis	19.00 - 20.30 Denis			
<b>BOXING INTERM/ADV</b>	19.00 - 20.30 Denis	19:00 - 20:30 Ray	19.00 - 20.30 Ray	19.00 - 20.30 Ray	19.00 - 20.30 Denis			
<b>WOMEN'S BOXING</b>	18.30 - 19.30*				19.00 - 20.30			1st Floor Punchbag Area
<b>MMA/SAMBO</b>	14.00 - 15.30		14.00- 15.30					2nd Floor
<b>MMA</b>	18.30 - 20.00	18.30 - 20.00	18.30 - 20.00			13.30 - 15.00		
<b>COMBAT SAMBO GI</b>	19.30 - 20.30					15.00 - 16.30		
<b>RG BRAZILIAN JIU JITSU MIXED</b>	13:00 - 14:30	11:00 - 12:30	13:00 - 15:00		13:00 - 15:00			2nd Floor
<b>RG BRAZILIAN JIU JITSU ADVANCED</b>		13:00 - 14:30		13:00 - 14:30		10:00 - 11:30		
<b>RG BRAZILIAN JIU JITSU NO GI</b>		14.30 - 15.30		14.30 - 15.30				
<b>RG BRAZILIAN JIU JITSU MIXED</b>	18:00 - 19:15		18:00 - 19:15	18:00-19:15	18:00 - 19:15			
<b>RG BRAZILIAN JIU JITSU ADVANCED</b>	19.30 - 21.00			19.30-21.00	19.30 - 21.00			
<b>RG BRAZILIAN JIU JITSU GI</b>			19.30 - 21.00					
<b>RG BRAZILIAN JIU JITSU* WOMEN</b>			19.30 - 21.00		19.30 - 21.00			
<b>JUDO</b>	19:00 - 20:00		19:30 - 21:00		19.30 - 21.00			2nd Floor
<b>TAEKWONDO*</b>	18.30 - 19.30	18.30 - 19.30		19.30 - 21.00				2nd Floor
<b>WRESTLING</b>	20.00 - 21.30	19.30 - 21.00	20.00 - 21.30	19.30 - 21.00			15.00 - 17.00	2nd Floor

**\*BOOKING REQUIRED IN ADVANCE  
^INVITATION ONLY**

**Opening Hours**  
 Mon - Fri 6.30 - 22.00  
 Sat - Sun 9.00 - 20.00  
 Bank Holidays 10.00 - 20.00

**Off - Peak Hours**  
 Mon - Fri 9.00 - 16.00  
 Last entry is 45min before closing time.

**Please note:**  
 Classes are suitable for all levels of fitness.  
 Members with medical problems must make themselves known to the instructor prior to the class.  
 Warmup is required to prevent injuries.  
 Appropriate clothing must be worn.  
 Outdoors training shoes must not be worn in classes.  
 Sweat towels and adequate water is a necessity.  
 Punching gloves or straps must be worn at all time when punching bags.  
 \*All equipment must be put back after use.

[www.oma.org.uk](http://www.oma.org.uk)  
 01865 711 333 / 774 998  
**Enjoy your classes!**