



# PCA'S CLASS TIMETABLE

There is a huge demand for all of our classes, so make sure you book onto your chosen class in advance. You can save your spot through our App or Online Bookings page. If you have any questions, drop us an email at [team@pridecombatathletics.co.uk](mailto:team@pridecombatathletics.co.uk)

M O N	T U E S	W E D S	T H U R S	F R I	S A T	S U N
<b>1740 - 1825</b> Kids Club Thai Boxing Martin Cole	<b>1830 - 1930</b> Muay Thai & K1 Kickboxing Martin Cole	<b>1815 - 1900</b> BagBlast - HIIT Class Martin Cole	<b>1830 - 1930</b> Fighter Conditioning Jacob Wells	<b>1830 - 1930</b> Muay Thai & K1 Kickboxing Martin Cole	<b>0900 - 1000</b> Pro-style Kickboxing Jacob Wells	<b>1900 - 2000</b> BJJ Open Mat  Kamil Khakimov
<b>1830 - 1930</b> BagBlast - HIIT Class Matt Round	<b>1930 - 2030</b> Muay Thai & K1 Kickboxing Martin Cole	<b>1900 - 2030</b> BJJ - No Gi Class Jay Butler	<b>1930 - 2030</b> Fighter Development Martin Cole	<b>1930 - 2015</b> Kids Club BJJ: No Gi Class Kamil Khakimov	<b>1000 - 1100</b> Muay Thai/ K1 Mixed Ability Martin Cole	
<b>1930 - 2030</b> Boxing & Fitness Matt Round	<b>2030 - 2130</b> BJJ: Gi Class  Jay Butler		<b>2030 - 2130</b> BJJ: Gi Class  Kamil Khakimov	<b>2015 - 2115</b> BJJ Open Mat  Kamil Khakimov	<b>1100 - 1145</b> Kids Club - Thai Boxing Martin Cole	
<b>2030 - 2130</b> BJJ: No-Gi Class  Kamil Khakimov						