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Fight Science Leeds Class Timetable

	Hall 1	Hall 2	Hall 3
Monday	17:45 - 19:15 Leeds Freestyle Kickboxing 19:30 - 20:45 Steppin Razor Thai Boxing	17:30 - 18:30 Conquest Junior Jiu-jitsu 6+ 18:30 - 19:30 Conquest MMA Essentials 19:30 - 20:30 Conquest MMA Striking and Wrestling	19:00 – 20:30 White Rose Aikido
Tuesday	09:30 - 10:30 Boxfit Class	17:30 – 18:30 Conquest Junior MMA 10+ 18:30 – 19:30 Conquest MMA Striking 19:30 – 20:30 Conquest MMA Training	18:00 – 19:00 Gracie Barra BJJ Fundamentals (Gi) 19:00 – 20:00 Gracie Barra BJJ Advanced (Gi) 20:00 – 21:00 Gracie Barra Sparring (Gi)
Wednesday	17:45 – 19:15 Leeds Freestyle Kickboxing	17:30 – 18:30 Conquest Junior Jiu-jitsu 6+ 18:30 – 19:30 Conquest MMA Grappling 19:30 – 20:30 Conquest MMA Fight Training	18:00 – 19:30 Hidden Dragon Karate Open 19:30 – 21:00 Hidden Dragon Karate Advanced
Thursday	19:30 - 21:00 Steppin Razor Thai Boxing	17:30 – 18:30 Conquest Junior MMA 10+ 18:30 – 19:30 Conquest MMA Striking 19:30 – 20:30 Conquest MMA Training	18:00 – 19:00 Gracie Barra BJJ Fundamentals 19:00 – 20:00 Gracie Barra BJJ Advanced 20:00 – 21:00 Gracie Barra Sparring
Friday	18:30 – 20:00 Batley Kung Fu	17:30 – 19:30 Conquest Open Mat & Cage Sparring 19:00 – 20:00 Conquest Sport Sambo 10+ 20:00 - 20:30 Conquest Sambo Sparring	
Saturday	10:00 – 11:00 Leeds Freestyle Kickboxing Junior Class	10:00 – 11:00 Conquest MMA Training 11:00 – 12:00 Conquest MMA Fitness 12:00 – 13:00 Conquest MMA Striking	09:00 – 10:30 White Rose Aikido 13:00 – 14:30 Hidden Dragon Karate Open 14:30 – 16:00 Hidden Dragon Weapons Training
Sunday		10:00 – 12:00 Conquest Open Mat	