



2026 TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Open (8:30am)	Gym Open (8:30am)	Gym Open (8:30am)	Gym Open (8:30am)	Gym Open (8:30am)	Gym Open (8:30am)
		Strength & Conditioning (4:30pm-5:30pm)			Little Gladiators (4-9 yrs) (9:30am-10:30am)
Future Champions (Competitors only 15yrs+) (4:30pm-5:30pm)	Colts Gladiators (10-15 yrs) (4:30pm-5:30pm)	Little Gladiators (4-9 yrs) (4:30pm-5:30pm)	Colts Gladiators (10-15 yrs) (4:30pm-5:30pm)	Future Champions (Competitors only 15yrs+) (4:00pm-5:00pm)	Colts Gladiators (10-15 yrs) (10:30am-11:30am)
Wrestling Fundamentals (5:30pm-6:30pm)	Freestyle Olympic Wrestling Class (15 yrs & Up) (5:30pm-6:30pm)	Freestyle Olympic Wrestling Class (15 yrs & Up) (5:30pm-7:00pm)	Freestyle Olympic Wrestling Class (15 yrs & Up) (5:30pm-7:00pm)	Freestyle Olympic Wrestling Class (15 yrs & Up) (5:00pm-6:30pm)	Wrestling Fundamentals (11:30am-12:30pm)
Greco/Beach Wrestling (15 yrs & Up) (6:30pm-8:00pm)	Wrestling Fundamentals (6:30pm-7:30pm)	Greco/Beach Wrestling (15 yrs & Up) (7:00pm-8:00pm)	Greco/Beach Wrestling (15 yrs & Up) (7:00pm-8:30pm)	Greco/Beach Wrestling (15 yrs & Up) (6:30pm-8:00pm)	Open Mat (12:30pm-4:30pm)
Gym Closed (8:30pm)	Gym Closed (8:30pm)	Gym Closed (8:30pm)	Gym Closed (8:30pm)	Gym Closed (8:30pm)	Gym Closed (4:30pm)