



2025 TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Open (8:30-9:00)	Gym Open (8:30-9:00)	Gym Open (8:30-9:00)	Gym Open (8:30-9:00)	Gym Open (8:30-9:00)	Gym Open (8:30-9:00)
		Strength & Conditioning (16:30-17:30)			Little Gladiators (4-9 yrs) (9:30-10:30)
Future Champions (Competitors only 15yrs+) (16:30-17:30)	Colts Gladiators (10-15 yrs) (16:30-17:30)	Little Gladiators (4-9 yrs) (16:30-17:30)	Colts Gladiators (10-15 yrs) (16:30-17:30)	Future Champions (Competitors only 15yrs+) (16:00-17:00)	Mixed Colts & Seniors (10:30-12:00)
Wrestling Fundamentals (17:30-18:30)	Freestyle Olympic Wrestling Class (15 yrs & Up) (17:30-19:00)	Freestyle Olympic Wrestling Class (15 yrs & Up) (17:30-19:00)	Freestyle Olympic Wrestling Class (15 yrs & Up) (17:30-19:00)	Freestyle Olympic Wrestling Class (15 yrs & Up) (17:00-18:30)	Wrestling Fundamentals (12:00-13:30)
Greco/Beach Wrestling (15 yrs & Up) (18:30-20:00)	Open Mat (19:00-20:00)	Greco/Beach Wrestling (15 yrs & Up) (19:00-20:00)	Greco/Beach Wrestling (15 yrs & Up) (19:00-20:30)	Greco/Beach Wrestling (15 yrs & Up) (18:30-20:00)	
Gym Closed) (20:00-20:30)	Gym Closed) (20:00-20:30)	Gym Closed) (20:00-20:30)	Gym Closed) (20:00-20:30)	Gym Closed) (20:00-20:30)	Gym Closed) (16:30-17:00)