



# BIGKAT

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## Weekly Class Timetable

### Mondays

Sport Kettlebells (beginners)	5pm-6pm
Sport Kettlebells *	6pm-7pm
Brazilian Jiu Jitsu (gi) *	6:30pm-8pm
Harrogate Harriers	8pm-9pm

### Thursdays

Handstands	7am-8am
Harrogate Harriers	4:30pm-6pm
Thai Boxing	6pm-7pm
Strength *	7pm-8pm
Brazilian Jiu Jitsu (gi) *	7pm-8:30pm

### Tuesdays

Circuits	6pm-7pm
Thai Boxing	7pm-8pm
Open Sparring * *	8pm-8:30pm

### Fridays

Fusion *	6pm-7pm
Brazilian Jiu Jitsu *	6:30pm-8pm
Harrogate Harriers *	7pm-8pm

### Wednesdays

Pad Blaster	6pm-7pm
Mobility / Kettlebells * * *	7pm-8pm
Brazilian Jiu Jitsu (no gi) *	7pm-8:30pm

### Saturdays

Fusion *	9am-10am
Brazilian Jiu Jitsu (gi) *	9am-10am
Thai Boxing	10am-11am
MMA Fundamentals	11am-12pm

\* Some classes run simultaneously or overlap time slots.

In these situations, martial arts classes are on the matted area, and fitness classes are on the wood / rubber floor area.

\* \* Open Sparring sessions are available exclusively to gym members that pay monthly.

\* \* \* Mobility / Kettlebells is a joint class that incorporates kettlebell techniques, and mobility / strengthening exercises.

Personal Training is also available throughout the week!

