

Monday	9:30-10:00am	GRIT	Functional Studio	Blue/Red/PayG
	7:00-8:00pm	Studio Booked	Functional Studio	-
	5:15-6:00pm	Junior Muay Thai (10-14y)	MMA Studio	PayG
	6:00-7:00pm	Muay Thai (all levels)	MMA Studio	Red/PayG
	7:00-8:00pm	Muay Thai (advanced)	MMA Studio	Red/PayG
	8:00-9:00pm	Mixed Martial Arts	MMA Studio	Red/PayG
	5:45-6:45pm	Junior Boxing (8-14y)	Boxing Studio	PayG
Tuesday	9:30-10:15am	GRIT	Functional Studio	Blue/Red/PayG
	5:45-6:15pm	Kettlebells & Core	Functional Studio	Blue/Red/PayG
	6:15-6:45pm	G-FIT	Functional Studio	Blue/Red/PayG
	8:00-9:00pm	Studio Booked	Functional Studio	-
	6:00-7:00pm	Kidz Kombat (5-12y)	MMA Studio	PayG
	7:00-8:00pm	Junior Taekwondo (5-12y)	MMA Studio	PayG
	8:00-9:00pm	Taekwondo	MMA Studio	Red/PayG
	6:00-7:00pm	BoxFit	Boxing Studio	Red/PayG
7:00-8:00pm	Boxing	Boxing Studio	Red/PayG	
Wednesday	9:30-10:15am	G-FIT	Functional Studio	Blue/Red/PayG
	10:15-11:30am	Stretching & Mobility	Functional Studio	Blue/Red/PayG
	5:45-6:30pm	G-FIT	Functional Studio	Blue/Red/PayG
	7:00-8:00pm	Yoga	Functional Studio	Blue/Red/PayG
	6:00-7:00pm	Muay Thai (all levels)	MMA Studio	Red/PayG
	7:00-8:00pm	Muay Thai (advanced)	MMA Studio	Red/PayG
	8:00-9:15pm	Studio Booked	Boxing Studio	-
Thursday	5:30-6:00pm	Kettlebells & Core	Functional Studio	Blue/Red/PayG
	7:00-8:00pm	Yoga	Functional Studio	Blue/Red/PayG
	5:15-6:00pm	Junior Muay Thai (10-14y)	MMA Studio	PayG
	6:00-7:00pm	Mixed Martial Arts	MMA Studio	Red/PayG
	7:00-8:00pm	Taekwondo	MMA Studio	Red/PayG
	9:30-10:30am	BoxFit	Boxing Studio	Blue/Red/PayG
	6:00-7:00pm	BoxFit	Boxing Studio	Red/PayG
	7:00-8:00pm	Boxing	Boxing Studio	Red/PayG
Friday	9:30-10:00am	GRIT	Functional Studio	Blue/Red/PayG
	6:00-7:00pm	Muay Thai (all levels)	MMA Studio	Red/PayG
	5:30-6:00pm	Bag Blast	Boxing Studio	Blue/Red/PayG
	6:00-7:00pm	Junior Boxing (8-14y)	Boxing Studio	PayG
	7:00-8:15 pm	Studio Booked	Boxing Studio	-
	Saturday	11:30am-12pm	Kettlebell Blast	Functional Studio
3:00-3:30pm		MMA Conditioning	Functional Studio	Blue/Red/PayG
12:00-1:00pm		Kidz Kombat (5-7y)	MMA Studio	PayG
1:00-2:00pm		Kidz Kombat (8-12y)	MMA Studio	PayG
2:00-3:00pm		Mixed Martial Arts	MMA Studio	Red/PayG
12:00-1:00pm		BoxFit	Boxing Studio	Red/PayG
1:00-2:00pm		Boxing	Boxing Studio	Red/PayG
2:00-2:45pm		Junior Muay Thai (10-14y)	Boxing Studio	PayG
Sunday	11:00am-12:00pm	Yoga	Functional Studio	Blue/Red/PayG
	3:00-4:00pm	Junior Boxing (8-14y)	Boxing Studio	PayG
	4:00-5:00pm	Studio Booked	Boxing Studio	-

