

WHAT'S ON

ADULT AND KIDS CLASS TIMETABLE



DAY	CLASS	TIME	LOCATION	ACCESS
MONDAY	Studio Booked	6:30am - 7:30am	Functional Studio	
	G-Fit	9:30am - 10:30am	Functional Studio	Blue/Red/PayG
	Stretch & Mobility	10:30am - 11:30am	Functional Studio	Blue/Red/PayG
	Junior Boxing	5:30pm - 6:30pm	Boxing Studio	PayG
	Muay Thai	6:00pm - 7:00pm	MMA Studio	Red/PayG
	Boxing Sparring (Invite Only)	6:30pm - 7:30pm	Boxing Studio	Red/PayG
	Muay Thai (Invite Only)	7:00pm - 8:00pm	MMA Studio	Red/PayG
	Boxing Studio Booked	7:30pm - 8:00pm	Boxing Studio	
TUESDAY	Kids Kombat	5:30pm - 6:15pm	MMA Studio	PayG
	Box Fit	6:00pm - 7:00pm	Boxing Studio	Red/PayG
	Taekwondo	6:15pm - 7:30pm	MMA Studio	Red/PayG
	Boxing	7:00pm - 8:00pm	Boxing Studio	Red/PayG
	Muay Thai	7:30pm - 8:00pm	MMA Studio	Red/PayG
	WEDNESDAY	Studio Booked	6:30am - 7:30am	Functional Studio
Box Fit		9:30am - 10:30am	Boxing Studio	Red/PayG
Junior Boxing		5:30pm - 6:30pm	Boxing Studio	PayG
Muay Thai		6:00pm - 7:00pm	MMA Studio	Red/PayG
G-Fit (Fighters)		6:30pm - 7:30pm	Functional Studio	Blue/Red/PayG
Muay Thai (Invite Only)		7:00pm - 8:00pm	MMA Studio	Red/PayG
Boxing Studio Booked		7:00pm - 8:00pm	Boxing Studio	
THURSDAY	Junior Muay Thai	5:30pm - 6:30pm	MMA Studio	PayG
	Box Fit / Boxing	6:00pm - 7:00pm	Boxing Studio	Red/PayG
	Muay Thai	6:30pm - 7:30pm	MMA Studio	Red/PayG
	Boxing Sparring (Invite Only)	7:00pm - 8:00pm	Boxing Studio	Red/PayG
	Mixed Martial Arts	7:30pm - 8:30pm	MMA Studio	Red/PayG
	FRIDAY	Studio Booked	6:30am - 7:30am	Functional Studio
G-Fit		9:30am - 10:30am	Functional Studio	Blue/Red/PayG
Box-Fit		12:00pm - 1:00pm	Boxing Studio	Blue/Red/PayG
Women's Only Boxing		6:00pm - 7:00pm	Boxing Studio	Blue/Red/PayG
Boxing Studio Booked		7:00pm - 8:00pm	Boxing Studio	
SATURDAY		MMA Studio Booked	9:00am - 10:00am	MMA Studio
	Studio Booked	9:00am - 10:15am	Functional Studio	
	Muay Thai	11:00am - 12:00pm	MMA Studio	Red/PayG
	Kids Kombat	12:00pm - 1:00pm	MMA Studio	PayG
	Box Fit / Boxing	12:00pm - 1:00pm	Boxing Studio	Red/PayG
	Junior Muay Thai	1:00pm - 2:00pm	MMA Studio	

Kids Kombat: Ages 5-9y Junior Boxing: Ages 8-14y Junior Muay Thai: Ages 8-14y All other classes: Ages 14+