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
	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
TUESDAY	Kids Kombat	5:30pm - 6:15pm	MMA Studio	PayG
	Box Fit/Boxing	6:00pm - 7:00pm	Boxing Studio	Red/PayG
	Muay Thai	7:00pm - 8:00pm	Boxing Studio	Red/PayG
	Mixed Martial Arts	7:30pm - 8:30pm	MMA Studio	Red/PayG
WEDNESDAY	Studio Booked	6:30am - 7:30am	Boxing Studio	
	Box Fit/Boxing	9:30am - 10:30am	Boxing Studio	Blue/Red/PayG
	Junior Boxing	5:30pm - 6:30pm	Boxing Studio	PayG
	Muay Thai	6:00pm - 7:00pm	MMA Studio	Red/PayG
	G-Fit	6:30pm - 7:30pm	Functional Studio	Blue/Red/PayG
	Muay Thai (Invite Only)	7:00pm - 8:00pm	MMA Studio	Red/PayG
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
	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
	Muay Thai	6:00pm - 8:00pm	Boxing Studio	Blue/Red/PayG
SATURDAY	MMA Studio Booked	9:00am - 10:00am	MMA Studio	
	Studio Booked	9:00am - 10:15am	Functional Studio	
	Muay Thai	10:15am - 11:45am	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	Red/PayG
	Junior Wrestling/BJJ/Judo	2:00pm - 3:00pm	MMA Studio	Red/PayG
SUNDAY	Womens Only Boxing	11:30am - 12:30pm	Boxing Studio	Blue/Red/PayG
	Junior Muay Thai	12:30pm - 1:30pm	MMA Studio	Red/PayG

Kids Kombat: Ages 5-9y Junior Boxing: Ages 8-14y Junior Muay Thai: Ages 8-14y All other classes:Ages14+