

SCHEDULE

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
MORNING	bjj 7-8am	kickfit 7-8am hiit 11-12pm	bjj 7-8am	hiit 7-8am	bjj 7-8am kickfit 10-11am	hiit 10-11am boxing 11-12pm	hiit 11-12pm
AFTERNOON	kickfit 12:30-1:15pm boxing 1-1:45pm Fighters Training subject to availability	mma 12:30-1:15pm muaythai 1-1:45pm Fighters Training subject to availability	hiit 1-1:45pm Fighters Training subject to availability	mma 12:30-1:15pm muaythai 1-1:45pm Fighters Training subject to availability	hiit 1-1:45pm Fighters Training subject to availability	mma 12-1pm muaythai 1-2pm bjj 2-3:30pm	muaythai 12-1pm hiit 1-2pm
EVENING	bjj 6-7:30pm hiit 7-8pm muaythai 7:30-8:30pm mma 8-9pm boxing 8:30-9:30pm	mma 7-8pm boxing 7-8pm hiit 8-9pm muaythai 8:30-9:30pm	bjj (no gi) 6:30-8pm kickfit 7:30-8:30pm muaythai 8:30-9:30pm	muaythai 6:30-7:30pm bjj 7:30-9pm hiit 8-9pm muaythai 9-10pm	hiit 7-8pm muaythai 7:30-8:30pm mma 8-9pm boxing 8:30-9:30pm		



TRAIN LIKE A FIGHTER

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	
fitness	kickfit	12:30pm	7am	7:30pm	11am	10am	n/a	n/a
	hiit	7pm	11am/8pm	1pm	7am/8pm	12:30/7pm	10am	11am/1pm
stand up	boxing	1/8:30pm	7pm	n/a	n/a	8:30pm	11am	n/a
	muaythai	7:30pm	1/8:30pm	8:30pm	1/6:30/9pm	7:30pm	1pm	12nn
brazilian jiu jitsu	6pm	n/a	6:30pm (no gi)	7:30pm	n/a	2pm	n/a	
mixed martial arts	8:00pm	12:30/7pm	n/a	12:30pm	8pm	12nn	n/a	

* Valid from Monday 24 April 2017

* For unlimited passes, options are A. Fitness (kickfit & hiit) B. Stand up (muaythai & boxing) C. Brazilian JiuJitsu D. Mixed Martial Arts (must be packaged with 2 other disciplines) choose to combine from unlimited 1 to 4 options

* Times and trainer subject to change without notice

* Fighters Training for members who belong to the Versus fight team only

* **Booking is ESSENTIAL for ALL WEEKDAY MORNING and evening MMA classes** (48 hours' notice);

for others, booking is preferred but not necessary until further notice