

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8am BJJ	7 - 8am Kickfit	7 - 8am BJJ	7 - 8am HIIT	7 - 8am BJJ		
	11 - 12pm HIIT			10 - 11am Kickfit	10 - 11am HIIT	10 - 11am Kids Muaythai
12.30 - 1.15pm Kickfit	12.30 - 1.15pm MMA		12.30 - 1.15pm MMA		11 - 12pm Boxing	11 - 12pm HIIT
1 - 1.45pm Boxing	1 - 1.45pm Muaythai	1 - 1.45pm HIIT	1 - 1.45pm Muaythai	1 - 1.45pm HIIT	12 - 1pm MMA	12 - 1pm Muaythai
Fighters	Fighters	Fighters	Fighters	Fighters	1 - 2pm Muaythai	1 - 2pm HIIT
					2 - 3.30pm BJJ	
6 - 7.30pm BJJ	7 - 8pm MMA		6.30 - 7.30pm Muaythai	4.30 - 5.30pm Kids BJJ		
7.30 - 8.30pm Muaythai	7 - 8pm Boxing	6.30 - 8pm BJJ (No gi)	7.30 - 9pm BJJ	7 - 8pm HIIT		
8 - 9pm MMA	8.15 - 9.30pm BJJ	7.30 - 8.30pm HIIT	8 - 9pm HIIT	7.30 - 8.30pm Muaythai		
8.30 - 9.30pm Boxing	8.30 - 9.30pm Muaythai	8.30 - 9.30pm Muaythai	9 - 10pm Muaythai	8 - 9pm MMA		
				8.30 - 9.30pm Boxing		



Booking is essential for all weekday morning classes
and all evening MMA classes



Vertical line segment

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Vertical line 2

Vertical line 3

Vertical line 1

Vertical line 2

Vertical line 3

Vertical line 4

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