

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8am BJJ	7 - 8am Kickfit	7 - 8am BJJ	7 - 8am Kickfit	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	1 - 1.45pm BJJ	12.30 - 1.15pm MMA	1 - 1.45pm BJJ(No gi)	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
					1 - 2pm Muaythai	1 - 2pm HIIT
Fighters	Fighters	Fighters	Fighters	Fighters	2 - 4pm BJJ	
				4.30 - 5.30pm Kids BJJ		
6 - 7.30pm BJJ	7 - 8pm MMA	6.30 - 7.30pm Boxing	6.30 - 7.30pm Muaythai	7 - 8pm HIIT	Unlimited 1 choose or or or	
7.30 - 8.30pm Muaythai	7 - 8pm Boxing	6.30 - 8pm BJJ (No gi))	7.30 - 8.30pm BJJ	7.30 - 8.30pm Muaythai		
8 - 9pm MMA	8 - 9pm HIIT	7.30 - 8.30pm Kickfit	8 - 9pm HIIT	8 - 9pm MMA		
8.30 - 9.30pm Boxing	8.30 - 9.30pm Muaythai	8.30 - 9.30pm Muaythai	9 - 10pm Muaythai	8.30 - 9.30pm Boxing	Unlimited 2 - All Access	