



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp 09:30 60mins	Beginnners Boxing 17:00 60mins	Ladies BoxFit 18:00 60mins	Boxing 18:00 60mins	Boot Camp 09:30am	Boot camp 08:15am	Bootcamp 09:30 60mins
Boxing 17:00 60mins	Little Warriors 16:15 45mins	Muay Thai Kickboxing 18:30 90mins	BJJ 20:00 60mins	Beginnners Boxing 17:00 60mins	Boxing 18:00 60mins	Boxing 17:00 60mins
Boot Camp 18:00 60mins	Boot Camp 18:15 60mins	MMA 20:00 90mins	Muay Thai Kickboxing 18:30 90mins	Boxing 18:00 60mins		Boxing 18:00 60mins
BJJ 18:30 60mins	Jiu Jitsu 19:00 60mins	Boot Camp 21:30 60mins	Boot Camp 18:15 60mins	Circuit Training 19:30 60mins		
	Glowercise 20:00 60mins		Kids Circuit 17:00 45mins			