

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
8am							
9am						*Self Defence	
10am						Boxing / BJJ with GI	*Special Bootcamp
12nn		BJJ with GI	*Self Defence	BJJ with GI	*Self Defence	Kids Kickboxing / Teen Boxing	
1pm	Strength & Conditioning	Muay Thai	Core Strength	Muay Thai	Strength & Conditioning	Muay Thai	
2pm						Kyokushin Karate	
3pm						(Green belt or 12 yrs above)	
4pm	Kids Karate		Kids Karate				
5pm	Teen Muay Thai		Kids Kickboxing / Teen Muay Thai	Teen Muay Thai			
6pm	BJJ no GI		MMA		BJJ no GI		
7pm	Boxing	Kyokushin Karate	Muay Thai	Kyokushin Karate	Muay Thai Sparring		
8pm	Muay Thai		Boxing				
9pm		*Self Defence		*Self Defence			

effective from 1 Jan 2019

* Self Defence & Sunday Special Bootcamp are NOT included in monthly membership

* Drop In is not available for Self Defence, for more details please visit: www.hkselfdefence.com

* Public holidays opening hours: 8am-7pm