

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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7am						
10am					Boxing / BJJ with GI	
12nn	BJJ with GI		BJJ with GI		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	Grappling		MMA		Grappling	
7pm	Boxing / Muay Thai	Kyokushin Karate	Muay Thai	Kyokushin Karate	Muay Thai Sparring	
8pm		Boxing				

effective from 13 May 2020

*Sunday Special Bootcamp are not included in monthly membership

* Drop In Package is not available for Sunday Special Bootcamp, please contact reception for more details

* Public holidays opening hours: 8am-5pm

* Late for 15 minutes is not allowed to join the class