

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
10am						Boxing / BJJ with GI	
12nn						Kids Kickboxing / Teen Boxing	
1pm	Strength & Conditioning	Muay Thai	Core Strength	Muay Thai	Strength & Conditioning	Muay Thai	
2pm						Kyokushin Karate (Green belt or 12 yrs above)	
3pm							
4pm	Kids Karate		Kids Karate				
5pm	Teen Muay Thai		Kids Kickboxing / Teen Muay Thai	Teen Muay Thai			
6pm	Grappling		MMA		Grappling		
7pm	Muay Thai	BJJ with GI Kyokushin Karate	Muay Thai	BJJ with GI	Muay Thai Sparring		
8pm	Boxing		Boxing				

effective from 7th Dec 2020

* Public holidays opening hours: 8am-5pm

* Late for 15 min minus is not allowed to join the class