

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am	Bootcamp		Bootcamp		Bootcamp	
11am						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			
7pm	Muay Thai	Kyokushin Karate	Muay Thai	BJJ with GI	Muay Thai Sparring	

14 Dec 2021 - 15 Feb 2022

* Public holidays opening hours: 8am-5pm

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