



CLASS SCHEDULE

Fighting Fit Package: ■ ■ ■

Can attend any and all Boxing & Muay Thai Group Classes + General Gym Use

Strong & Lean Package: ■ ■

Can attend any and all Functional Fitness & HIIT Classes + General Gym Use

Unlimited & Student Package: ■ ■ ■ ■ ■

Can attend any and all Classes + General Gym Use

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
6:00 - 7:00 (During curfew 6:30 - 7:30)	Fight Training (Boxing & Muay Thai)	Closed	Fight Training (Boxing & Muay Thai)	Closed	Fight Training (Boxing & Muay Thai)	Private Training
7:00 - 8:00 (During curfew 7:30 - 8:30)	Strong & Lean (Functional Fitness)		Strong & Lean (Functional Fitness)		Strong & Lean (Functional Fitness)	
8:00 - 9:00	Open Gym & Private Training	Open Gym & Private Training	Open Gym & Private Training	Open Gym & Private Training	Open Gym & Private Training	Fight Training (Boxing & Muay Thai)
9:00 - 10:00		Fight Training (Boxing & Muay Thai)	Fight Training (Boxing & Muay Thai)	Fight Training (Boxing & Muay Thai)		
Lunch & Afternoon Classes						
13:00 - 14:00	Fight Training (Boxing & Muay Thai)	Strong & Lean (HIIT - 45min)	Fight Training (Boxing & Muay Thai)	Strong & Lean (Functional Fitness)	Fight Training (Boxing & Muay Thai)	Closed
15:30 - 16:30	Strong & Lean (Functional / HIIT) Recommended for Parents and Kids	Open Gym & Private Training	Fight Training (Boxing & Muay Thai) Recommended for Parents and Kids	Open Gym & Private Training	Fight Training (Boxing & Muay Thai) Recommended for Parents and Kids	
Evening Classes						
17:15 - 18:15	Boxing Only	Strong & Lean (HIIT - 45min)	Boxing Only	Strong & Lean (HIIT - 45min)	Fight Training (Boxing & Muay Thai)	Closed
18:15 - 19:30	Muay Thai Only	Fight Training (Boxing & Muay Thai)	Muay Thai Only	Fight Training (Boxing & Muay Thai)	Closed	

Self-training, private training and general gym use to take place outside class hours.