

CLASS TIMETABLE

MONDAY

7-8am	Ultra Fit
12.15-2pm	Combat HiIT Circuits (30 mins)
5.15-6pm	Junior Boxing
5.15-6pm	Ultra Fit
6-7pm	Ladies Bootcamp
7-8pm	Youth & Adult Boxing

TUESDAY

7-8am	Youth & Adult Boxing
12.15-2pm	Combat HiIT Circuits (30 mins)
4.45-5.30pm	Kids' Muay Thai
5.30-6.30pm	Junior Muay Thai
5.40-6.30pm	Ultra Fit
6.30-7.30pm	Youth & Adult Muay Thai
6.30-7.30pm	Youth & Adult Boxing

WEDNESDAY

7-8am	Ultra Fit
12.15-2pm	Combat HiIT Circuits (30 mins)
5.15-6pm	Junior Boxing
5.15-6pm	Ultra Fit
6-7pm	Ladies Bootcamp
7-8pm	Youth & Adult Boxing (age 15+)

Kids' classes: Ages 5 to 10

Junior classes: Ages 10 to 15

Youth & adult classes: Ages 15+

Small group classes: 9am to 4pm weekdays

Private training: 7am to 7pm weekdays;
7am to 12pm Saturdays

THURSDAY

7-8am	Youth & Adult Boxing
12.15-2pm	Combat HiIT Circuits (30 mins)
4.45-5.30pm	Kids' Muay Thai
5.30-6.30pm	Junior Muay Thai
5.40-6.30pm	Ultra Fit
6.30-7.30pm	Youth & Adult Muay Thai
6.30-7.30pm	Youth & Adult Boxing
7-8pm	BJJ (age 14+)

FRIDAY

7-8am	Ultra Fit
12.15-2pm	Combat HiIT Circuits (30 mins)
4.15-5pm	Kids' Muay Thai
4.15-5pm	Junior Boxing
5-6pm	Youth & Adult Muay Thai
5-6pm	Youth & Adult Boxing
5-6pm	Ladies' Bootcamp
6-7pm	Muay Thai Sparring
6-7pm	Boxing Sparring

SATURDAY

9-10am	Super Circuits
9-10am	Kids' & Junior Muay Thai (age 5-15)
10-11am	Youth & Adult Muay Thai
10-11am	Youth & Adult Boxing
11am-12pm	Muay Thai Sparring
11am-12pm	Boxing Sparring