



TIMETABLE

M	ENDUROFIT COMBAT 6 AM	ENDUROFIT 7 AM	K1 SQUAD TRAINING 10.30 AM	YOUTH GRAPPLING (8-15Y) 5 PM	BOXING (8-13Y) GRAPPLING (16+) 6 PM	BOXING (14+) LIVE GRAPPLING (16+) 7 PM	LADIES BOXING KICKBOXING (14+) 8 PM
T	ENDUROFIT 6 AM	BOXING 7 AM	LITTLE NINJAS (5-7Y) 4 PM	LITTLE NINJAS (5-7Y) 5PM	BEGINNER KICKBOXING (8-13Y) 6 PM	ADVANCED KICKBOXING (8-13Y) BOX SPARRING (18+) 7 PM	KICKBOXING SQUAD TRAINING 8PM
W	ENDUROFIT COMBAT 6 AM	HIIT CIRCUITS 7 AM		YOUTH GRAPPLING (8-15Y) 5 PM	BOXING (8-13Y) GRAPPLING (16+) 6 PM	BOXING (14+) LIVE GRAPPLING (16+) 7 PM	KICKBOXING (14+) 8 PM
T	ENDUROFIT 6 AM BOXING 7 AM	K1 SQUAD TRAINING 10.30 AM	LITTLE NINJAS (5-7Y) 4 PM	LITTLE NINJAS (5-7Y) 5PM	BEGINNER KICKBOXING (8-13Y) 6 PM	ADVANCED KICKBOXING (8-13Y) BOX SPARRING (18+) 7 PM	OVER 35 BOXING BEGINNERS MMA 8 PM
F	ENDUROFIT COMBAT 6 AM	ENDUROFIT 7 AM	BOXING AGAINST PARKINSONS 10.30 AM	LITTLE NINJAS (5-7Y) 4 PM	KICKBOXING SQUAD TRAINING BOXING (ALL AGES) 6 PM		
S	OVER 35 BOXING 8 AM		LITTLE NINJAS LADIES BOXING 9 AM	BEGINNERS KICKBOXING (8-13Y) 10 AM	ADVANCED KICKBOXING (8-13Y) YOUTH GRAPPLING 11 AM	K1 SPARRING BOXING (ALL AGES) GRAPPLING (16+) 12 PM	BOX SPARRING 18+ LIVE GRAPPLING 1 PM
S			LITTLE NINJAS 9 AM	BEGINNERS KICKBOXING (8-13Y) 10 AM	ADVANCED KICKBOXING (8-13Y) 11 AM	BOXING (ALL AGES) BEGINNERS MMA 12 PM	