

Monday	9:30-10:30am	G-FIT	Functional Studio	Blue/Red/PayG
	1:30-2:30pm	Studio Booked	Functional Studio	-
	5:15-6:00pm	Junior Muay Thai(10-14y)	MMA Studio	PayG
	6:00-7:00pm	Junior Boxing(8-14y)	Boxing Studio	PayG
	6:00-7:00pm	Muay Thai(all levels)	MMA Studio	Red/PayG
	7:00-8:00pm	Muay Thai(advanced)	MMA Studio	Red/PayG
	8:00-9:00pm	Mixed Martial Arts	MMA Studio	Red/PayG
	8:00-9:00pm	Studio Booked	Functional Studio	-
Tuesday	9:30-10:30am	G-FIT	Functional Studio	Blue/Red/PayG
	6:00-7:00pm	Kidz Kombat(5-12y)	MMA Studio	PayG
	6:00-7:00pm	BoxFit	Boxing Studio	Red/PayG
	7:00-8:00pm	G-FIT	Functional Studio	Blue/Red/PayG
	7:00-8:00pm	Boxing	Boxing Studio	Red/PayG
	7:00-8:15pm	Taekwondo	MMA Studio	Red/PayG
	8:00-9:00pm	Studio Booked	Functional Studio	-
	Wednesday	9:30-10:30am	BoxFit	Boxing Studio
1:30-2:30pm		Studio Booked	Functional Studio	-
4:15-6:00pm		Studio Booked	Functional Studio	-
5:30-6:00pm		G-FIT	Boxing Studio	Blue/Red/PayG
6:00-6:30pm		Fat Burn Extreme	Functional Studio	Blue/Red/PayG
6:00-7:00pm		Muay Thai(all levels)	MMA Studio	Red/PayG
7:00-8:00pm		Muay Thai(advanced)	MMA Studio	Red/PayG
7:30-8:30pm		Studio Booked	Boxing Studio	-
Thursday	9:30-10:15am	G-FIT	Functional Studio	Blue/Red/PayG
	10:15-11:30am	Stretching & Mobility	Functional Studio	Blue/Red/PayG
	5:15-6:00pm	Junior Muay Thai(10-14y)	MMA Studio	PayG
	5:15-6:00pm	Kettlebells & Core	Functional Studio	Blue/Red/PayG
	6:00-7:00pm	BoxFit	Boxing Studio	Red/PayG
	6:00-7:00pm	Mixed Martial Arts	MMA Studio	Red/PayG
	7:00-8:00pm	Boxing	Boxing Studio	Red/PayG
	7:00-8:00pm	Taekwondo	MMA Studio	Red/PayG
Friday	9:30-10:30am	G-FIT	Functional Studio	Blue/Red/PayG
	1:30-2:30pm	Studio Booked	Functional Studio	-
	4:15-6:00pm	Studio Booked	Functional Studio	-
	5:30-6:00pm	Bag Blast	Boxing Studio	Blue/Red/PayG
	6:00-7:00pm	Strength & Conditioning	Functional Studio	Blue/Red/PayG
	6:00-7:00pm	Junior Boxing(8-14y)	Boxing Studio	PayG
	6:00-8:00pm	Studio Booked	MMA Studio	-
	7:00-8:15pm	Studio Booked	Boxing Studio	-
Saturday	10:00-11:00am	Studio Booked	Functional Studio	-
	10:30-11:30am	Mixed Martial Arts	MMA Studio	Red/PayG
	11:00-11:30am	Fat Burn Extreme	Functional Studio	Blue/Red/PayG
	12:00-1:30pm	Boxing & Circuits	Boxing Studio	Red/PayG
	12:00-1:00pm	Kidz Kombat(5-7y)	MMA Studio	PayG
	1:00-2:00pm	Kidz Kombat(8-12y)	MMA Studio	PayG
	1:00-2:00pm	Junior Muay Thai(10-14y)	MMA & Boxing Studio	PayG
	Sunday	3:00-4:00pm	Junior Boxing(8-14y)	Boxing Studio
4:00-5:15pm		Studio Booked	Boxing Studio	-

