



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00-10:00

ADULT'S MUAY
THAI

9:00-10:00

ADULT'S BOXING

9:00-10:00

ADULT'S MUAY
THAI

9:00-10:00

ADULT'S BOXING

9:00-10:00

ADULT'S MUAY
THAI

4:00-4:30

GRASSHOPPERS

4:00-4:45

JNR BLUE BELT &
ABOVE KARATE

4:00-4:45

JNR ORANGE &
YELLOW BELT
KARATE

4:00-4:45

JNR YELLOW BELT
& ABOVE KARATE

4:45-5:30

JNR WHITE BELT
KARATE

4:45-5:30

JUNIOR MUAY THAI

4:45-5:30

LITTLE
KICKERBOXERS

5:30-6:15

JUNIOR BOXING

5:30-6:15

JUNIOR BOXING

4:45-5:30

JUNIOR MUAY THAI

8:15-9:00

MIXED FREESTYLE
KARATE

9:00-9:30

JUNIOR SPARRING

6:15-7:15

ADULT'S BOXING

5:45-6:45

ADULT'S MUAY
THAI

6:15-7:15

ADULT'S BOXING

5:45-6:45

ADULT'S MUAY
THAI

9:00-9:45

CIRCUIT WORKOUT

9:45-10:30

ADULT'S SPARRING

7:15-8:15

ADULT'S KALI

7:00-8:00

ADULT'S
FREESTYLE KARATE

7:15-8:15

ADULT'S KALI

7:00-8:00

ADULT'S
FREESTYLE KARATE

10:30-

COMPETITORS
SPARRING