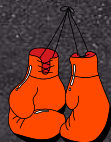




CLASS SCHEDULE



STRIKING

Kickboxing

6:30 AM & 7:30 PM

Mon, Wed, Fri

Muay Thai

9:00 AM

Sat, Sun

Boxing

7:30 AM Tue, Thu, Sat



MMA & BJJ

MMA

7:30 AM Mon, Wed, Fri

6:30 AM Tue, Thu, Sat

7:30 PM Tue, Thu, Sat

5:30 PM Sun (Combined)

MMA Juniors

6:30 PM Mon, Wed, Fri

5:30 PM Tue, Thu, Sun

BJJ

6:30 PM Tue, Thu, Sat



Karate

Karate Full Contact

7:30 PM Mon, Wed, Fri

Karate: Self Defence

11:00 AM Tue, Thu

Karate Kids

5:30 PM Mon, Wed, Fri

10:00 AM Sat, Sun



Fitness

Elite Fitness

7:30 PM Mon to Fri

Kids Fitness

6:30 PM Tue, Thu