



MON	TUE	WED	THU	FRI	SAT
7:00 ELITE RISERS		7:00 ELITE RISERS	11:30 FEMALE FIT	7:00 ELITE RISERS	8:00 MMA SESSION
11:00 FEMALE FIT	12:00 PSYCHO HIIT	11:00 FEMALE FIT	12:00 PSYCHO HIIT	11:00 PSYCHO HIIT	10.30 PSYCHO CIRCUIT
12:00 PSYCHO HIIT	4.30 FUTURE ELITE	12:00 PSYCHO HIIT	4.30 FUTURE ELITE		11.30 TOTAL TECHNIQUE
4.30 KICKASS KIDS JUNIOR BJJ/ JIU JITSU	5.30 ELITE TECHNIQUE	4.30 KICKASS KIDS JUNIOR BJJ/ JIU JITSU	5.30 TOTAL TECHNIQUE	5:00 FUTURE ELITE	12.30 KICKASS KIDS
5.30 BOXING HOUR	6.30 FIGHT TEAM	5.30 PSYCHO HIIT	6.30 ELITE TECHNIQUE	6.00 BOXING HOUR	
6.30 FIGHT TEAM	6.30 MMA SESSION	6.30 MMA SESSION	6.45 POWER YOGA	7.00 STRENGTH & CONDITIONING	
7.30 FEMALE FIT	7.30 TOTAL TECHNIQUE	7.30 TOTAL TECHNIQUE	7.30 FIGHT TEAM	7.30 OPEN TRAINING	



KICKBOXING FOCUS



MMA/BJJ FOCUS



BOXING FOCUS



ALL SKILL LEVELS WELCOME



LEVEL 2 ADVANCED CLASS



HIGH INTENSITY



FEMALE ONLY



KIDS 5-12



YOUTH 13+



YOGA



FIGHTERS
ONLY