

GYM CLASS / PADS / SPARRING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTENSIVE STRENGTH & CONDITIONING CIRCUIT CLASS 5.30AM - 6.00AM	BOXING/ KICKBOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ KICKBOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ KICKBOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ KICKBOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	SUPERVISED SPARRING 8.00AM - 10.00AM
PADS 6.00AM - 9.30AM	PADS 6.00AM - 9.30AM	PADS 6.00AM - 9.30AM	PADS 6.00AM - 9.30AM	PADS 6.00AM - 9.30AM	PURE BOXING CLASS 8.00AM - 9.00AM
SHAGGY'S BOXING/ KICKBOXING/ MUAY THAI CLASS 2.00PM - 3.00PM		SHAGGY'S BOXING/ KICKBOXING/ MUAY THAI CLASS 2.00PM - 3.00PM	SHAGGY'S BOXING/ KICKBOXING/ MUAY THAI CLASS 2.00PM - 3.00PM		
FEMALE FIGHT & FIT CLASS 5.45PM - 6.30PM	FEMALE FIGHT & FIT CLASS 5.45PM - 6.30PM	FEMALE FIGHT & FIT CLASS 5.45PM - 6.30PM	FEMALE FIGHT & FIT CLASS 5.45PM - 6.30PM		
PURE BOXING CLASS 5.45PM - 6.45PM	PURE BOXING CLASS 5.45PM - 6.45PM	PURE BOXING CLASS 5.45PM - 6.45PM	PURE BOXING CLASS 5.45PM - 6.45PM	FIGHT PREP CLASS 5.00PM - 6.00PM	
BJJ CLASS 6.00PM - 7.30PM	MMA/ WRESTLING CLASS 5.30PM - 6.30PM BJJ CLASS 6.30PM - 7.30PM	BJJ CLASS 6.00PM - 7.30PM	MMA/ WRESTLING CLASS 5.30PM - 6.30PM BJJ CLASS 6.30PM - 7.30PM	BJJ CLASS 6.00PM - 7.30PM	
PADS 10.00AM - 7.30PM	PADS 10.00AM - 7.30PM	SUPERVISED SPARRING 2.30PM - 7.30PM	PADS 10.00AM - 7.30PM	PADS 2.30PM - 7.30PM	