

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	Wake Up - Work Out All ages- Gym	Boxing Fitness All ages- Area 2	Wake Up - Work Out All ages-Gym	Boxing Fitness All ages- Area 2	Wake Up - Work Out All ages- Gym		
8am						Over 35s Boxing Area 2	
9am						- Ladies Boxing Area 2 -Little Ninjas,Area 1 & 3 4-7yrs	Little Ninjas 4-7yrs
9.30am		HIIT Squad All ages- Gym		HIIT Squad All ages- Gym	- Yoga All ages- Area 1		
10am						Junior Kickboxing Beginner to Yellow belt 8-13yrs- Area 1&2	Junior Kickboxing Beginner to Yellow belt 8-13yrs- Area 1&2
10.30am			Fit Over 50		Boxing Against Parkinson's		
11am						- Advanced Kickboxing Orange belt & above, over 8yrs- Area 1&2 - Junior Grappling/ BJJ 8-13yrs- Area 3	- Advanced Kickboxing Orange belt & above, over 8yrs- Area 1&2
12pm						Boxing All ages- Area 1 & 2 Adult Beginners MMA Over 14yrs- Area 3	Boxing All ages- Area 1 & 2
4.30pm	Boxing Squad Training Invite only	Boxing Squad S&C Invite only- Gym	Boxing Squad Training Invite only		Boxing Squad Training Invite only		
5pm	Junior Grappling/ BJJ 8-13yrs- Area 3	Little Ninjas 4-7yrs	Junior Grappling/ BJJ 8-13yrs- Area 3	Little Ninjas 4-7yrs			
6pm	-Junior Beginners Boxing 8-13yrs- Area 1&2 - Adult Beginners MMA Over 14yrs- Area 3	Junior Kickboxing Beginner to Yellow belt 8-13yrs- Area 1&2	-Junior Beginners Boxing 8-13yrs- Area 1&2 - Adult Beginners MMA Over 14yrs- Area 3	Junior Kickboxing Beginner to Yellow belt 8-13yrs- Area 1&2	-Kickboxing Sparring Drills All ages- Area 3 -Boxing All ages- Area 1 & 2		
7pm	- Adults Boxing Over 14yrs- Area 1&2 - MMA Squad Training Area 3	- Advanced Kickboxing Orange belt & above, over 8yrs- Area 1&2	-Adults Boxing Over 14yrs- Area 1&2 -MMA Squad Training Area 3	- Advanced Kickboxing Orange belt & above, over 8yrs- Area 1&2			
8pm	- Ladies Boxing Area 2 - Adult Kickboxing Over 14yrs Area 3	-Kickboxing Sparring Drills All ages- Area 1&2 -Black Belt Club All ages Brown Belt and Above	- Yoga All ages- Area 1 - Adult Kickboxing Over 14yrs- Area 3	Over 35s Boxing Area 2			

Please Note: Classes highlighted in blue will not start until we get clearance from the NGBs