

ULTIMATE



OCTAGON

TURF AREA

BAG RACK

BJJ STUDIO

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	D.U.T	BOXING	D.U.T	BOXING	KICK BOXING		
07:00							
09:30						BOXING 👤 YOUTH BJJ	👤 YOUTH BOX
10:15						D.U.T	
10:30						BJJ	NO GI
LUNCH TIME CLASSES - 45 MINUTES							
12:30	BOXING	KICK BOXING	NO GI	BOXING		KICK BOXING	
13:00	NO GI	BJJ	BOXING		MMA		
EVENING CLASSES - 40 MINS TO 1 HOUR							
16:30	👤 YOUTH KICK BOXING	👤 YOUTH MMA	👤 YOUTH KICK BOXING	👤 YOUTH MMA			
17:30	D.U.T 👤 YOUTH BJJ	👤 YOUTH BOXING MMA TRX MATRX	D.U.T 👤 YOUTH WRESTLING	👤 YOUTH BOXING	👤 YOUTH D.U.T		
18:00	KICK BOXING	MMA	KICK BOXING	WOMEN'S BOXING MMA	KICK BOXING		
18:30	WRESTLING	D.U.T	WRESTLING	WRESTLING			
19:00	BOXING	MUAY THAI	BOXING	MUAY THAI			
19:30	BJJ	NO GI	BJJ	NO GI	OPEN MAT		
20:00			TECH BOXING / KICK BOXING		TECH MMA / KICK BOXING		

*Youth: 6 - 15 years

FITNESS



FITNESS

MIND / BODY

MUSCULAR CONDITIONING

HIGH INTENSITY

🕒	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30	SPIN		HIIT SPIN				
09:15						HIIT SPIN CORE	
09:30	PILATES	SPIN	BOOTCAMP	CORE			
11:00							YOGA
LUNCH TIME CLASSES - 30-45 MINUTES							
12:30	BOOTCAMP	STUDIO STRENGTH	BOOTY BUILDING	STUDIO STRENGTH			
EVENING CLASSES - 40 MINS TO 1 HOUR							
17:30	FLEX & TONE	HIIT CIRCUITS					
18:00		YOGA	INTENSITY		HIIT		
18:30				HIIT CIRCUITS			
19:00			KETTLE FIT				
19:30	BOOTY BUILDING						
20:00			SPIN		YOGA		