



# CLASSES KIDS & ADULTS

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 - 10:00						Adults and Kids Muay Thai
10:00 - 11:00						Adults Wrestling & Competition Wrestlers
17:00 - 18:00	Tough tots 3-6 yrs old		Tough tots 3-6 yrs old		Kids MMA	
18:00 - 19:00	Kids wrestling	Adults and Kids Amateur Boxing	Kids Wrestling	Adults and Kids Amateur Boxing	Kids and Adults No Gi Jiu Jitsu	
19:00 - 20:00	Adults and Kids Amateur Boxing	Adults and Kids Amateur Boxing	Adults MMA	Adults and Kids Muay Thai	Adults Brazilian Jiu Jitsu	
20:00 - 21:00	Brazilian Jiu Jitsu					

## CLASS TIME TABLE



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00 - 07:00		FIIT Circuit DB		Ko8 BoxFit ZF		
06:30 - 07:30	Iron Club DB		Gym Triathlon DB		FIIT Circuit DB	
09:00 - 10:00						Boxfit JD
09:30 - 10:30	Spin and Abs SC	Bootcamp Circuit SC / ZF	Spin and Abs SC	Elite 1000 SC / ZF	HIIT Step SC	
10:00 - 11:00						Family Bootcamp SC / ZF
12:00 - 12:30		HIIT Step SC	HIIT Step SC			
16:15 - 17:00					Kids Bootcamp ZF	
17:30 - 18:00	Elite 500 ZF	Elite 500	Elite 500 DB	HIIT Step SC	Elite 500 ZF	
18:00 - 18:30				Elite 500 SC		
18:30 - 19:00				HIIT Step SC		
18:00 - 19:00	Elite 1000 ZF	Iron Club JT	Elite 1000 DB		Iron Club JT	