

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
7am	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
8am							
9am							<b>*Self Defence</b>
10am						Boxing / BJJ with GI	<b>*Special Bootcamp</b>
12nn		BJJ with GI		BJJ with GI		Kids Kickboxing / Teen Boxing	
1pm	Strength & Conditioning	Muay Thai	Core Strength	Muay Thai	Strength & Conditioning	Muay Thai	
2pm						Kyokushin Karate	
3pm							<b>*All level (8yrs above)</b>
4pm	Kids Karate		Kids Karate				<b>*Kids Gymnastics</b>
5pm	Teen Muay Thai		Kids Kickboxing / Teen Muay Thai	Teen Muay Thai			<b>*Self Defence</b>
6pm	BJJ no GI		MMA			BJJ no GI	
7pm	Boxing	Kyokushin Karate	Muay Thai	Kyokushin Karate	Muay Thai Sparring		
8pm	Muay Thai		Boxing				
		<b>*Self Defence</b>		<b>*Self Defence</b>			
9pm							

**effective from 1 Oct 2018**

- \* Self Defence, Kids Gymnastics & Sunday Special Bootcamp are NOT included in monthly membership
- \* Drop In is not available for Self Defence
- \* Public holidays opening hours: 8am-7pm