

Class Schedule / Timetable

Day	9.30am	11.00am	2.30pm	5.45pm	7.00pm	8.15pm
Mon	MT			KB HIIT	MT	KB HIIT
Tue				MT	KB HIIT	MT
Wed	KB HIIT			KB HIIT	MT	KB HIIT
Thur				MT	KB HIIT	MT
Fri				MT	KB HIIT	
Sat	MT	KB HIIT	Fight Class (24hrs advance booking)			

Notes: KB = Kickboxing MT = Muay Thai