



Personal classes are available by appointment between 7am-9pm, 7 days a week.

■ = Kids' sessions

CONTACT US:

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7.30am Focused SEMI-PRIVATE		7.30am Focused SEMI-PRIVATE			
10.30am Seniors Kickboxing BASIC / INTENSIVE	10.30am Beginners Kickboxing BASIC	10.30am Intermediates Kickboxing BASIC / INTENSIVE	10.30am Workout Class ALL LEVELS		9am Focused SEMI-PRIVATE	9am TMAP Juniors Kickboxing 8 TO 10 YEARS
	1pm Brazilian Jiu Jitsu BJJ SCHOOL		1pm Brazilian Jiu Jitsu BJJ SCHOOL			9.45am Little Monkeys Focused 5 TO 7 YEARS
4pm Little Monkeys Kickboxing 5 TO 7 YEARS		4pm Little Monkeys Kickboxing 5 TO 7 YEARS			10.15am Little Monkeys Kickboxing 5 TO 7 YEARS	10.30am Little Monkeys Kickboxing 5 TO 7 YEARS
4.45pm TMAP Juniors Kickboxing 8 TO 10 YEARS	4.45pm Little Monkeys Kickboxing 5 TO 7 YEARS	4.45pm TMAP Juniors Kickboxing 8 TO 10 YEARS	4.45pm Little Monkeys Kickboxing 5 TO 7 YEARS		11.15am Little Monkeys Kickboxing 5 TO 7 YEARS	11.15am TMAP Juniors Kickboxing 11 TO 14 YEARS
5.30pm TMAP Juniors Kickboxing 11 TO 14 YEARS		5.30pm TMAP Juniors Kickboxing 11 TO 14 YEARS			12pm Workout Class ALL LEVELS	12pm Workout Class ALL LEVELS
6.30pm Beginners Kickboxing BASIC	6pm Seniors Kickboxing BASIC / INTENSIVE	6.30pm Beginners Kickboxing BASIC	6pm Intermediates Kickboxing BASIC / INTENSIVE		2pm Kids parties (2 HOURS)	2pm Kids parties (2 HOURS)
7.30pm Intermediates Kickboxing BASIC / INTENSIVE	7pm Beginners Kickboxing BASIC	7.30pm Intermediates Kickboxing BASIC / INTENSIVE	7pm Senior Kickboxing BASIC / INTENSIVE			
	8pm Workout Class ALL LEVELS		8pm Beginners Kickboxing BASIC			