

# CLASS SCHEDULE

w.e.f 10 March 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

7.30-8.30AM  
ALL LEVELS

7.30-8.30AM  
ALL LEVELS

8-9AM  
WOMENS-ONLY

7.30-8.30AM  
ALL LEVELS

9-9.50AM  
STRENGTH &  
CONDITIONING

12.30-1.30PM  
ALL LEVELS

12.30-1.30PM  
ALL LEVELS

10-11AM  
INTERMEDIATE  
(DRILLS & SPARRING)

10-11AM  
WOMENS-ONLY

11.10-12.10PM  
BEGINNERS

11.10-12.10PM  
BEGINNERS

5-6PM  
OPEN GYM

5-6PM  
OPEN GYM

5-6PM  
OPEN GYM

5-6PM  
OPEN GYM

5-6PM  
OPEN GYM

12.10-1PM  
SPARRING  
BEGINNERS

12.10-1.10PM  
ALL LEVELS

6-7PM  
ALL LEVELS

6-7PM  
ALL LEVELS

6-7PM  
ALL LEVELS

6-7PM  
ALL LEVELS

6-6.50PM  
BOXING HIIT

7-8PM  
INTERMEDIATE

7-8PM  
BEGINNERS

7-8PM  
INTERMEDIATE

7-8PM  
BEGINNERS

7-8PM  
ALL LEVELS

8-9PM  
BEGINNERS

8-9PM  
WOMENS-ONLY

8-9PM  
BEGINNERS

8-8.50PM  
STRENGTH &  
CONDITIONING