

# TIMETABLE



## MEMBERSHIP PACKAGES

Kids Kickboxing (aged 12 years & under)	\$40.00 Per week
Adults Kickboxing- 1 Day Weekly Option	\$25.00 Per Week
Adults Kickboxing- 2 Day Weekly Option	\$35.00 Per Week
Adults Kickboxing- Unlimited Option	\$45.00 Per Week
Adults Kickboxing & BJJ- Unlimited Option	\$55.00 Per Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	All Levels Muay Thai	All Levels Muay Thai		All Levels Muay Thai	All Levels Muay Thai	7:00am All Levels Muay Thai
10:00am		Women ONLY All Levels Muay Thai		Women ONLY All Levels Muay Thai	Women ONLY All Levels Muay Thai	8:00am All Levels Fundamentals Muay Thai
12:00pm	All Levels Muay Thai		All Levels Muay Thai		All Levels Muay Thai	8:30am Fighters ONLY Class
4:10pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	4:30PM Kids	4:30PM Kids	
4:50pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	White/Yellow Sparring	Green/Blue/Red Sparring	
5:30pm	All Levels K1 Kickboxing	Beginners White/Yellow Kickboxing	Strength, Core & Conditioning Class	Beginners White/Yellow Muay Thai Kickboxing	Beginners White/Yellow Muay Thai	
6:30pm	Intermediate Muay Thai	All Levels Boxing	All Levels Sparring	Intermediate Muay Thai	Intermediate Muay Thai	
	Fighters Sparring				Boxing Sparring	
7:30pm	All Levels Boxing	All Levels Muay Thai Kickboxing	All Levels Muay Thai	All Levels Boxing		
	Intermediate Clinch Class					

*Membership Packages are all based on a 3-month commitment with no option of Cancellation.*

*Memberships are only payable via Direct Debit.*

*Single payment Registration fee of \$65.00 for Children (13 years & under), Adults \$75.00.*



### MEMBERSHIP PACKAGES

Womens only classes	\$40.00 per week
10 Class Pass (Valid for one month) (Single cash payment available to new students as a 1 off trial offer)	\$200.00
Casual Classes	\$20.00 per class

### Women only Class TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am		<b>Women ONLY</b>		<b>Women ONLY</b>	<b>Women ONLY</b>

*Membership Packages are all based on a 3 month commitment with no option of Cancellation.*

*Memberships are only payable via Direct Debit.*

*Single payment Registration fee of \$65.00 for Children (13 years & under), Adults \$75.00.*