

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

					9:30 - 10:15AM STRENGTH & CONDITIONING

LUNCH CLASSES

					10:30 - 11:15AM FIGHTERS ONLY SKILLS / SPARRING
12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU OPEN MATS	

AFTERNOON CLASSES

4:00 - 4:45PM YOUTH BOXING	4:00 - 4:45PM YOUTH JIU JITSU (BASICS)	4:00 - 4:45PM YOUTH BOXING			
		4:45 - 5:30PM YOUTH JIU JITSU INTERMEDIATE			

NIGHT CLASSES

5:00 - 5:45PM STRENGTH & CONDITIONING	5:00 - 5:45PM FIGHTERS ONLY SKILLS	5:00 - 5:45PM STRENGTH & CONDITIONING	5:00 - 5:45PM SPARRING INTERMEDIATE	5:30 - 6:15PM BOXING (ALL LEVELS)	
6:00 - 6:45PM BOXING BASICS (ALL LEVELS)	6:00 - 6:45PM BOXING SKILLS (ALL LEVELS)	6:00 - 6:45PM BOXING (ALL LEVELS)	6:00 - 6:45PM BOXING SKILLS (ALL LEVELS)	6:00 - 7:00PM GRACIE JIU JITSU OPEN MATS	
6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU BASICS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS		
7:00 - 8:00PM GRAPPLING INTERMEDIATE					

GYM OPERATING & RECEPTION HOURS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

11:30am - 7:30pm | 11:30am - 7:30pm | 11:30am - 7:30pm | 11:30am - 7:30pm | 11:30am - 6:30pm | 9am - 10:30am

SUNDAY: GYM CLOSED (NOTE: 24/7 gym access is available to - Unlimited 24/7 Gym Memberships Only.)

RECEPTION HOURS: Monday - Thursday: 12pm - 7:00PM / Friday: 12pm - 6:30pm / Saturday: 9am - 10:30am

24/7 GYM: Gym members on Unlimited 24/7 Gym Memberships have full access to the facility all year round.

NOTE: CLOSED FOR ALL PUBLIC HOLIDAYS - Excluding 24/7 Unlimited Gym Members.