

NZ FIGHT & FITNESS

ACADEMY

DAY TIME TABLE

TIME	MON	TUE	WED	THU	FRI	SAT
6:00am 6:45am	Strength & Conditioning (S&C)	Strength & Conditioning (S&C)	Strength & Conditioning (S&C)	Strength & Conditioning (S&C)	Strength & Conditioning (S&C)	
9:30am 10:15am						Boxfit All Levels
12:10pm 12:50pm	Gracie Jiu Jitsu All Levels	Gracie Jiu Jitsu All Levels	Gracie Jiu Jitsu All Levels	Gracie Jiu Jitsu All Levels	Gracie Jiu Jitsu Open Mats	
4:00pm 4:45pm	Youth Boxing All Levels		Youth Boxing All Levels			
4:45pm 5:15pm			Youth Sparring			
4:45pm 5:30pm	Youth BJJ All Levels		Youth BJJ All Levels			

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EVENING TIME TABLE

TIME	MON	TUE	WED	THU	FRI
5:15pm 6:00pm		Strength & Conditioning (S&C)		Strength & Conditioning (S&C)	
5:30pm 6:15pm	Boxing All Levels		Boxing All Levels		Boxing All Levels
5:30pm 6:30pm	Gracie Jiu Jitsu All Levels		Gracie Jiu Jitsu All Levels		Gracie Jiu Jitsu Open Mats
6:00pm 7:00pm		Gracie Jiu Jitsu All Levels		Gracie Jiu Jitsu Basics	
6:15pm 7:00pm	Boxfit All Levels	Boxing Basics	Boxfit All Levels	Boxing All Levels	
6:30pm 7:30pm	Grappling No Gi All Levels				
7:00pm 7:30pm		Boxing Sparring All Levels		Boxing Sparring All Levels	