

# FightAndFitness24

## Day / Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>							
8:45am to 9:30am						<b>WOMEN'S ONLY</b> <u>BOXING &amp; FITNESS</u> Starts 19/07/25 <b>FREE ALL AUGUST</b> All Levels 45min	
8:30am to 9:30am						<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 60min	
9:45am to 10:30am	<b>WOMEN'S ONLY</b> <u>BOXING &amp; FITNESS</u> All Levels Starts In August <b>FREE All Month</b> 45min		<b>WOMEN'S ONLY</b> <u>BOX HIIT</u> High Intensity Starts In August <b>FREE All Month</b> 9:45am - 10:15am 30min		<b>WOMEN'S ONLY</b> <u>BOXING &amp; FITNESS</u> All Levels Starts In August <b>FREE All Month</b> 45min	<b>S &amp; C</b> <u>STRENGTH &amp; CONDITIONING</u> All Levels 45min	
10:45am to 11:30am						<b>FIGHTERS ONLY</b> <u>BOXING SKILLS &amp; SPARRING</u> Advanced 45min	
<b>LUNCH CLASSES</b>							
12:10pm to 12:50pm	<b>LUNCH BOXING</b> All Levels 40min	<b>LUNCH BOX HIIT</b> 12:15pm - 12:45pm High Intensity Interval Training All Levels 30min	<b>LUNCH BOXING</b> All Levels 40min		<b>LUNCH BOXING</b> All Levels 40min		
12:10pm to 12:50pm	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 40min	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 40min	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 40min	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 40min	<b>OPEN MATS</b> BJJ - Gi <u>BRAZILIAN JIU JITSU</u> Intermediate - 40min		
<b>YOUTH CLASSES</b>							
4:00pm to 4:45pm	<b>YOUTH BOXING</b> All Levels 45min 11yrs - 16yrs	<b>YOUTH - BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 45min 11yrs - 16yrs	<b>YOUTH BOXING</b> All Levels 45min 11yrs - 16yrs	<b>YOUTH - BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 45min 11yrs - 16yrs			

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EVENING CLASSES						
4:45pm to 5:15pm							
5:15pm to 5:45pm		<b>DRILL &amp; FLOW</b> <b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> Intermediate 30min	<b>SELF DEFENCE</b> All Levels 30min		<b>BOX HITT</b> High Intensity <u>Interval Training</u> All Levels 30min		
5:15pm to 6:00pm	<b>S &amp; C</b> <u>STRENGTH &amp; CONDITIONING</u> All Levels 45min	<b>BOXING SPARRING</b> Intermediate 45min	<b>S &amp; C</b> <u>STRENGTH &amp; CONDITIONING</u> All Levels 45min	<b>WOMEN'S ONLY</b> <u>BOXING &amp; FITNESS</u> Starts 17/07/25 <b>FREE ALL AUGUST</b> All Levels 45min			
5:30pm to 6:45pm					<b>OPEN MATS</b> <b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> Intermediate 75min		
6:00pm to 6:45pm					<b>BOXING</b> All Levels 45min		
6:00pm to 7:00pm	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 60min	<b>BASICS</b> <b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 60min	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 60min	<b>BJJ - Gi</b> <u>BRAZILIAN JIU JITSU</u> All Levels 60min			
6:15pm to 7:00pm	<b>BOXING BASICS</b> All Levels 45min	<b>BOXING SKILLS</b> All Levels 45min	<b>BOXING</b> All Levels 45min	<b>BOXING SKILLS</b> All Levels 45min			
7:00pm to 8:00pm	<b>GRAPPLING</b> No-Gi Intermediate 60min		<b>OPEN MATS</b> <b>GRAPPLING</b> No-Gi Intermediate 60min				