

FightAndFitness24

Day / Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES							
8:45am to 9:30am						WOMEN'S ONLY <u>BOXING & FITNESS</u> Starts 19/07/25 FREE All AUGUST All Levels 45min	
8:30am to 9:30am						BJJ - Gi <u>BRAZILIAN JIU JITSU</u> All Levels 60min	
9:45am to 10:30am	WOMEN'S ONLY <u>BOXING & FITNESS</u> All Levels Starts In August FREE All Month 45min		WOMEN'S ONLY BOX HIIT High Intensity Starts In August FREE All Month 9:45am - 10:15am 30min		WOMEN'S ONLY <u>BOXING & FITNESS</u> All Levels Starts In August FREE All Month 45min	S & C <u>STRENGTH & CONDITIONING</u> All Levels 45min	
10:45am to 11:30am						FIGHTERS ONLY <u>BOXING SKILLS & SPARRING</u> Advanced 45min	
LUNCH CLASSES							
12:10pm to 12:50pm	LUNCH BOXING All Levels 40min	LUNCH BOX HIIT 12:15pm - 12:45pm High Intensity Interval Training All Levels 30min	LUNCH BOXING All Levels 40min		LUNCH BOXING All Levels 40min		
12:10pm to 12:50pm	BJJ - Gi <u>BRAZILIAN JIU JITSU</u> All Levels 40min	BJJ - Gi <u>BRAZILIAN JIU JITSU</u> All Levels 40min	BJJ - Gi <u>BRAZILIAN JIU JITSU</u> All Levels 40min	BJJ - Gi <u>BRAZILIAN JIU JITSU</u> All Levels 40min	OPEN MATS BJJ - Gi <u>BRAZILIAN JIU JITSU</u> Intermediate - 40min		
YOUTH CLASSES							
4:00pm to 4:45pm	YOUTH BOXING All Levels 45min 11yrs - 16yrs	YOUTH - BJJ - Gi <u>BRAZILIAN JIU JITSU</u> All Levels 45min 11yrs - 16yrs	YOUTH BOXING All Levels 45min 11yrs - 16yrs	YOUTH - BJJ - Gi <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		<u>DRILL & FLOW</u> <u>BJJ - Gi</u> <u>BRAZILIAN</u> <u>JIU JITSU</u> Intermediate 30min	<u>SELF DEFENCE</u> All Levels 30min		<u>BOX HITT</u> High Intensity <u>Interval Training</u> All Levels 30min		
5:15pm to 6:00pm	<u>S & C</u> <u>STRENGTH & CONDITIONING</u> All Levels 45min	<u>BOXING SPARRING</u> Intermediate 45min	<u>S & C</u> <u>STRENGTH & CONDITIONING</u> All Levels 45min	<u>WOMEN'S ONLY</u> <u>BOXING & FITNESS</u> Starts 17/07/25 FREE ALL AUGUST All Levels 45min			
5:30pm to 6:45pm					<u>OPEN MATS</u> <u>BJJ - Gi</u> <u>BRAZILIAN</u> <u>JIU JITSU</u> Intermediate 75min		
6:00pm to 6:45pm					<u>BOXING</u> All Levels 45min		
6:00pm to 7:00pm	<u>BJJ - Gi</u> <u>BRAZILIAN</u> <u>JIU JITSU</u> All Levels 60min	<u>BASICS</u> <u>BJJ - Gi</u> <u>BRAZILIAN</u> <u>JIU JITSU</u> All Levels 60min	<u>BJJ - Gi</u> <u>BRAZILIAN</u> <u>JIU JITSU</u> All Levels 60min	<u>BJJ - Gi</u> <u>BRAZILIAN</u> <u>JIU JITSU</u> All Levels 60min			
6:15pm to 7:00pm	<u>BOXING BASICS</u> All Levels 45min	<u>BOXING SKILLS</u> All Levels 45min	<u>BOXING</u> All Levels 45min	<u>BOXING SKILLS</u> All Levels 45min			
7:00pm to 8:00pm	<u>GRAPPLING</u> <u>No - Gi</u> Intermediate 60min		<u>OPEN MATS GRAPPLING</u> <u>No - Gi</u> Intermediate 60min				