

| Monday |
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| <i>Conditioning</i> Ashley 07:00 – 08:00* |

| Tuesday |
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| <i>Conditioning</i> Teddy 07:00 – 08:00* |
| Yoga Vinyasa Flow Shaheena 07:00 – 08:00 |

| Wednesday |
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| Boxing Anthony 07:00 – 08:00 |
| BJJ Mixed Levels Ashleigh G 07:00 – 08:00 |

| Thursday |
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| Pilates Karmen 07:15 – 08:00 |

| Friday |
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| Conditioning Ashley 07:00 – 08:00 |

| Saturday |
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| Conditioning Patrick 11:00 – 12:00 |
| Boxing Anthony 12:00 – 13:00 |
| BJJ Gi Mixed Levels Jude 12:00 – 13:30 |
| <i>Boxing Sparring</i> Intermediate/Advanced Anthony 13:00 – 14:00* |
| <i>Yoga Vinyasa Flow</i> Shaheena 13:30 – 14:30* |

| Sunday |
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| Pilates Karmen 09:00 – 10:00 |
| Conditioning Mariusz 10:00 – 11:00 |
| Thai Boxing Mariusz 11:00 – 12:00 |
| Capoeira Bombril 11:00 – 12:00 |

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| Pilates Karmen 12:10 – 12:55 |
| <i>Conditioning</i> Ashley 12:10 – 12:55* |
| <i>Thai Boxing</i> Mariusz 13:00 – 14:00* |
| Spin Trang 13:10 – 13:45 |

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| Kettlebells Svetlana 12:00 – 13:00 |
| BJJ Gi Mixed Levels Jude 13:00 – 14:00 |
| Boxing Anthony 13:00 – 14:00 |
| Spin Domenico 13:10 – 13:45 |

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| Yogalates Veronique 12:10 – 12:55 |
| Thai Boxing Gyp 13:00 – 14:00 |
| Spin Domenico 13:10 – 13:45 |

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|---|
| Kettlebells Svetlana 12:10 – 13:00 |
| BJJ Gi Mixed Levels Jude 13:00 – 14:00 |
| Pilates Karmen 13:10 – 14:00 |
| <i>Thai Boxing</i> Mariusz 13:00 – 14:00* |

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| Express Circuit Ashley 12:10 – 13:00 |
| BJJ Gi Mixed Levels Ashleigh G 13:00 – 14:00 |
| Boxing Cherrelle 13:00 – 14:00 |
| Handstands & Calisthenics Sammy 13:00 – 14:00 |
| Spin Domenico 13:10 – 13:45 |

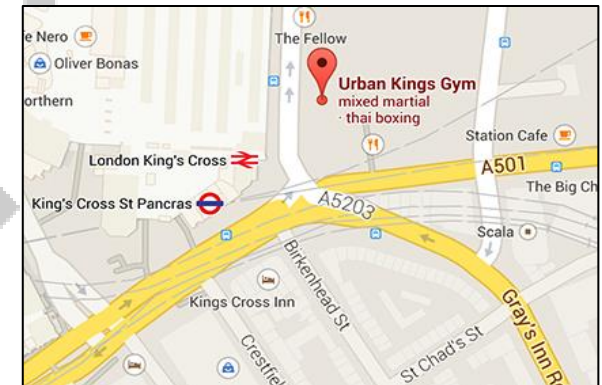
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| <i>Thai Boxing</i> Intermediate Gyp 18:00 – 19:00* |
| Spin John 18:10 – 18:55 |
| <i>Boxing Intermediate</i> Steve 19:00 – 20:00* |
| BJJ Gi Mixed Levels Jude 19:00 – 20:00 |
| BJJ Gi Advanced Jude 20:00 – 21:00 |
| Boxing Fundamentals Beginners Steve 20:00 – 21:00 |

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| Boxing Mariusz 18:00 – 19:00 |
| BJJ Beginner Fundamentals Max 18:00 – 19:00 |
| <i>Conditioning</i> Patrick 19:00 – 20:00* |
| Thai Boxing/Sparring Mariusz 19:00 – 21:00 |

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| <i>Boxing Sparring</i> Intermediate/Advanced Steve 18:00 – 19:00* |
| <i>Grappling Takedown Drills</i> Ashleigh G 18:00 – 19:00* |
| <i>Thai Boxing Fundamentals</i> Beginners Gyp 18:00 – 19:00* |
| <i>Glory Kickboxing</i> Intermediate/Advanced Gyp 19:00 – 20:00* |
| BJJ Gi Mixed Levels Jude 19:00 – 20:00 |
| BJJ Gi Advanced Jude 20:00 – 21:00 |
| Boxing Steve 20:00 – 21:00 |

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| <i>Boxing Intermediate</i> Steve 18:00 – 19:00* |
| <i>BJJ Gi Fundamentals</i> Beginners Ashleigh G 18:00 – 19:00* |
| Yogalates Veronique 18:00 – 19:00 |
| <i>Conditioning</i> Teddy 19:00 – 20:00 |
| <i>MMA Intermediate</i> Ashleigh G 19:00 – 20:00* |
| <i>Thai Boxing Int/Adv</i> Mariusz 19:00 – 20:00* |
| Beginner Fundamentals Thai Boxing Mariusz 20:00 – 21:00 |

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| Thai Boxing Gyp 18:00 – 19:00 |
| <i>Yoga Vinyasa Flow</i> Shaheena 19:00 – 20:00* |
| Beginners Fundamental Boxing Steve 19:00 – 20:00 |
| BJJ/No-Gi Grappling Jude / Max 19:00 – 20:30 |



Monday to Friday 06:30 – 22:00
 Saturday to Sunday 09:00 – 16:00
 Bank Holiday 09:00 – 14:30

Members Only *

Fundamental

Intermediate and Advanced

Fitness / Strength & Conditioning

Stand Up – Mixed Levels

Grappling – Mixed Levels

Holistic