

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

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

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

Thursday
Pilates Karmen 07:15 – 08:00

Friday
Conditioning Ashley 07:00 – 08:00

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

Sunday
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

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

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

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

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*

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

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

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

<i>Boxing Sparring</i> Intermediate/Advanced Josh 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

<i>Boxing Intermediate</i> Mariusz 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

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