








Urban Kings Gym. Kings Cross, London || Open: Weekdays 06:30 - 22:00 | Weekends: 09:00 - 16:00 | Bank Holidays 09:00 - 14:30

Mon	Conditioning	Pilates	Conditioning	Thai Boxing	Spin	Thai Boxing	Handstands & Calisthenics	Spin	Boxing	BJJ Gi	BJJ Gi	Boxing	
	Ashley	Karmen	Ashley	Mariusz	Louis	Gyp	Sammy	John	Cherrelle	Jude	Jude	Cherrelle	
	07:00 08:00	12:10 12:55	12:10 12:55	13:00 14:00	13:10 13:45	18:00 19:00	18:00 19:00	18:10 18:55	19:00 20:00	19:00 20:00	20:00 21:00	20:00 21:00	
Tues	Conditioning	Yoga Vinyasa Flow	Kettlebells	BJJ Gi	Boxing	Spin	Boxing	BJJ	Conditioning	Thai Boxing (Sparring)			
	Domenico	Shaheena	Svetlana	Jude	Josh	Domenico	Mariusz	Max	Helen	Mariusz			
	07:00 08:00	07:00 08:00	12:00 13:00	13:00 14:00	13:00 14:00	13:10 13:45	18:00 19:00	18:00 19:00	19:00 20:00	19:00 21:00			
Wed	Boxing	BJJ	Yogalates	Thai Boxing	Spin	Boxing (Sparring)	Grappling Takedown Drills	Thai Boxing	Glory Kickboxing	BJJ Gi	BJJ Gi	Boxing	
	No Trainer	Ashleigh G	Veronique	Gyp	Domenico	Josh	Ashleigh G	Gyp	Gyp	Jude	Jude	Josh	
	07:00 08:00	07:00 08:00	12:10 12:55	13:00 14:00	13:10 13:45	18:00 19:00	18:00 19:00	18:00 19:00	19:00 20:00	19:00 20:00	20:00 21:00	20:00 21:00	
Thurs	Pilates	Kettlebells	BJJ Gi	Thai Boxing	Pilates	Boxing	BJJ Gi	Spin	Conditioning	MMA	Thai Boxing	Yogalates	Thai Boxing
	Karmen	Svetlana	Jude	Mariusz	Karmen	Mariusz	Ashleigh G	Louis	Domenico	Ashleigh G	Mariusz	Veronique	Mariusz
	07:15 08:00	12:10 13:00	13:00 14:00	13:00 14:00	13:10 14:00	18:00 19:00	18:00 19:00	18:10 18:55	19:00 20:00	19:00 20:00	19:00 20:00	20:00 21:00	20:00 21:00
Fri	Conditioning	Express Circuit	BJJ Gi	Boxing	Handstands & Calisthenics	Thai Boxing	Yoga Vinyasa Flow	Boxing	BJJ/No-Gi Grappling				
	Ashley	Ashley	Ashleigh G	Cherrelle	Sammy	Gyp	Shaheena	Josh	Jude / Max				
	07:00 08:00	12:10 13:00	13:00 14:00	13:00 14:00	13:00 14:00	18:00 19:00	19:00 20:00	19:00 20:00	19:00 20:30				
Sat	Conditioning	Boxing	BJJ Gi	Boxing Sparring	Yoga Vinyasa Flow								
	Patrick	Cherrelle	Jude	Cherrelle	Shaheena								
	11:00 12:00	12:00 13:00	12:00 13:30	13:00 14:00	13:30 14:30								
Sun	Pilates	Conditioning	Thai Boxing	Capoeira									
	Karmen	Mariusz	Mariusz	Bombril									
	09:00 10:00	10:00 11:00	11:00 12:00	11:00 12:00									

Urbankingsgym.com || 020 7837 7774

**Members Only**

-  Off Peak Members
-  Fundamentals
-  Intermediate / Advanced
-  Fitness / Strength & Conditioning
-  Stand Up - Mixed Levels
-  Grappling - Mixed Levels
-  Holistic