

BJJ GI	Conditioning	Pilates	Conditioning	Boxing	Thai Boxing	Spin	Thai Boxing (Sparring)	Handstands & Calisthenics	Spin	Boxing	BJJ GI	BJJ GI	Boxing
Max	Domenico	Karmen	Domenico	Steve	Mariusz	Cherelle	Gyp	Sammy	John	Cherelle	Jude	Jude	Cherelle
07:00 08:00	07:00 08:00	12:10 12:55	12:10 12:55	13:00 14:00	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

Tuesday

Conditioning	Yoga Vinyasa Flow	Kettlebells	BJJ GI	Boxing	Spin	Boxing	BJJ Gi	Conditioning	Thai Boxing (Sparring)
Domenico	Shaheena	Svetlana	Jude	Josh	Kiki	Mariusz	Max	Florian	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 20:30

Wednesday

Boxing	BJJ Gi	Yogalates	Thai Boxing	Thai Boxing	Spin	Animal Flow	Boxing (Sparring)	Grappling Takedown Drills	Thai Boxing	Glory Kickboxing	BJJ Gi	BJJ Gi	Boxing
Cherelle	Ashleigh G	Veronique	Gyp	Gyp	Cherelle	Domenico	Josh	Ashleigh G	Gyp	Gyp	Jude	Jude	Josh
07:00 08:00	07:00 08:00	12:10 12:55	12:10 13:00	13:00 14:00	13:10 13:45	17:15 18:00	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

Thursday

Pilates	Kettlebells	BJJ Gi	Thai Boxing	Boxing	BJJ Gi	Spin	Conditioning	MMA	Thai Boxing	Thai Boxing	Yogalates
Linda	Svetlana	Jude	Mariusz	Mariusz	Ashleigh G	John	John	Ashleigh G	Mariusz	Mariusz	Veronique
07:15 08:00	12:10 13:00	13:00 14:00	13:00 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

Friday

Conditioning	Express Circuit	BJJ Gi	Boxing	Handstands & Calisthenics	Thai Boxing	Boxing	Yoga Vinyasa Flow	BJJ No-Gi Grappling
Patrick	Domenico	Ashleigh G	Cherelle	Sammy	Gyp	Josh	Shaheena	Ashleigh G
07:00 08:00	12:10 13:00	13:00 14:00	13:00 14:00	13:00 14:00	18:00 19:15	19:00 20:00	19:15 20:15	19:15 20:45

Saturday

Conditioning	Boxing	BJJ Gi	Boxing Sparring	Yoga Vinyasa Flow
Patrick	Cherelle	Jude	Cherelle	Shaheena
11:00 12:00	12:00 13:00	12:00 13:30	13:00 14:00	13:30 14:30

Sunday

Pilates	Conditioning	Thai Boxing	Capoeira
Karmen	Mariusz	Mariusz	Bombril
09:00 10:00	10:00 11:00	11:00 12:30	12:30 13:30

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