

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------|---------------------------------|-------------------------------|---------------------------------|---------------------------------|--------------------------------|-----------------------------------|
| | | | OPEN GYM** 8:00am - 12:00pm | | TECHNIQUE 11:00am - 12:00pm | CONDITIONING 11:00am - 12:00pm |
| | | | TECHNIQUE 12:00pm - 1:00pm | | SPARRING* 12:00pm - 1:00pm | TECHNIQUE 12:00pm - 1:00pm |
| | | OPEN GYM** 1:00pm - 6:00pm | OPEN GYM** 1:00pm - 7:00pm | OPEN GYM** 1:00pm - 6:00pm | STRENGTH 1:00pm - 2:00pm | |
| TECHNIQUE 6:00pm - 7:00pm | CONDITIONING 6:00pm - 7:00pm | STRENGTH 6:00pm - 7:00pm | | CONDITIONING 6:00pm - 7:00pm | FIGHT TEAM* 2:00pm - 3:30pm | |
| CONDITIONING 7:00pm - 8:00pm | TECHNIQUE 7:00pm - 8:00pm | TECHNIQUE 7:00pm - 8:00pm | CONDITIONING 7:00pm - 8:00pm | TECHNIQUE 7:00pm - 8:00pm | OPEN GYM** 3:30pm - 5:00pm | |
| | | SPARRING* 8:00pm - 9:00pm | TECHNIQUE 8:00pm - 9:00pm | | | |

* COACH'S PERMISSION **REQUIRED** TO PARTICIPATE

** ADDITIONAL FEES APPLY

EFFECTIVE **17 OCTOBER 2022**