

WHAT CLASSES ARE AVAILABLE?

Across the week we have a great timetable with lots of fun and exciting classes for you & your family

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

6.15am to 7.00am
Early bird circuits

6.15am to 7.00am
Early bird circuits

6.15am to 7.00am
Early bird circuits

9.45am to 10.30am
Juniors
self defence

7.15am to 8.00am
Hit it pad fitness

7.15am to 8.00am
Kettlebell fitness

7.15am to 8.00am
Hiit fitness

10.45am to 11.45am
Adult Krav Maga

4.30pm to 5.00pm
Infants self defence

12.15pm to 1.00pm
Lunchtime ladies
Kickboxing

5.15pm to 6.00pm
Junior self defence

12.15pm to 1.00pm
Lunchtime ladies
Kickboxing

4.30pm to 5.00pm
Infants self defence

5.30pm to 6.15pm
Youths self defence

6.15pm to 7.00pm
Youths
self defence

5.15pm to 6.00pm
Junior self defence

6.30pm to 7.30pm
Adults kickboxing

6.15pm to 7.00pm
Strength
& conditioning

6.15pm to 7.15pm
Women's
Kickboxing

7.45pm to 8.30pm
Strength for
self defence

7.15pm to 8.15pm
Adults Krav Maga

7.15pm to 8.15pm
Women's
Kickboxing

7.30pm to 8.30pm
Adults Krav Maga

8.30pm to 9.30pm
Adults Kickboxing