

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

					9:30 - 10:15AM STRENGTH & CONDITIONING

LUNCH CLASSES

12:10 - 12:50PM BOX CONDITIONING (Begins - 17/2/25)		12:10 - 12:50PM BOX CONDITIONING (Begins - 19/2/25)		12:10 - 12:50PM BOX CONDITIONING (Begins - 21/2/25)	
12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU ALL LEVELS	12:10 - 12:50PM GRACIE JIU JITSU OPEN MATS	

YOUTH CLASSES

4:00 - 4:45PM YOUTH BOXING (Begins - 3/2/25)	4:00 - 4:45PM YOUTH JIU JITSU (Begins - 4/2/25)	4:00 - 4:45PM YOUTH BOXING (Begins - 5/2/25)			
		4:45 - 5:30PM YOUTH JIU JITSU INTERMEDIATE (Begins - 5/2/25)			

NIGHT CLASSES

5:00 - 5:45PM STRENGTH & CONDITIONING	5:00 - 5:45PM FIGHTERS ONLY BY INVITE ONLY	5:00 - 5:45PM STRENGTH & CONDITIONING	5:00 - 5:45PM SPARRING INTERMEDIATE	5:00 - 5:45PM BOX CONDITIONING	
6:00 - 6:45PM BOXING BASICS	6:00 - 6:45PM STRENGTH & CONDITIONING	6:00 - 6:45PM BOXING CLASS	6:00 - 6:45PM STRENGTH & CONDITIONING		
6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU BASICS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU ALL LEVELS	6:00 - 7:00PM GRACIE JIU JITSU OPEN MATS	
6:50 - 7:30PM Women's Boxing & Fitness - 4wk Seminar STARTS - 17/2/25	6:50 - 7:30PM BOXING SKILLS	6:50 - 7:30PM Women's Boxing & Fitness - 4wk Seminar STARTS - 19/2/25			
7:00 - 8:00PM GRAPPLING INTERMEDIATE		7:00 - 8:00PM MMA INTERMEDIATE			

GYM OPERATING & RECEPTION HOURS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

11:30am - 7:00pm | 11:30am - 7:30pm | 11:30am - 8:00pm | 11:30am - 7:30pm | 11:30am - 7:00pm | 9am - 10:30am

SUNDAY: GYM CLOSED (NOTE: 24/7 gym access is available to - Unlimited 24/7 Gym Memberships Only.)

RECEPTION HOURS: Monday-Friday: 12pm - 6:00PM / Saturday: 9am - 10:30am / SUNDAY: No Reception Available.

24/7 GYM: Gym members on Unlimited 24/7 Gym Memberships have full access to the facility all year round.

NOTE: CLOSED FOR ALL PUBLIC HOLIDAYS - Excluding 24/7 Unlimited Gym Members.