



# Ringside Fitness Class Schedule

From 29 Jan 2024

Please use the team up app to book your classes! | Whatsapp [91050937](https://www.whatsapp.com/business/profile/91050937) if there are booking issues

	MON	TUE	WED	THURS	FRI
9:00am - 12:00pm	OPEN GYM				
12:30 - 1:30pm	Boxing / Kickboxing / Muay Thai		Boxing / Kickboxing / Muay Thai - Pads	Boxing / Kickboxing / Muay Thai - Spar	Boxing / Kickboxing / Muay Thai
2:00 - 5:00pm	OPEN GYM				
5:30 - 6:30pm	KickBoxing / Muay Thai	KickBoxing / Muay Thai	Boxing - Pads	KickBoxing / Muay Thai	Boxing - Warrior
6:30 - 7:30pm	Boxing - Warrior	Boxing - HIIT	KickBoxing / Muay Thai	Boxing - Spar	KickBoxing / Muay Thai
7:30 - 8:30pm	KickBoxing / Muay Thai	KickBoxing / Muay Thai	Boxing - Pads	KickBoxing / Muay Thai - Spar	Boxing - Punchouts
8:30 - 9:30pm	Strength & Cond.	BJJ - No Gi	Strength & Cond.	BJJ - No Gi	Yoga

SAT	11:00am - 12:00pm	12:00 - 1:00pm	1:00 - 2:00pm	2:00 - 3:00pm
	Boxing - Rounds	Kickboxing / Muay Thai	Boxing - Spar	MMA