HER FYTE CLUB

BJJ TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
10am					BJJ ALL LEVELS	**9AM** KIDS BJJ
11am			**10:30AM** BJJ ALL LEVELS			**10AM** BJJ ALL LEVELS
5:30pm		KIDS BJJ NO GI			**5PM** KIDS BJJ	
6:30pm		BJJ ALL LEVELS NO GI			**6PM** BJJ ALL LEVELS	

Kids (5years - 13 years) | 45min

All Levels - 14+ years | 1hr

GYM TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
9am						FYTE45
11am	Strength & Conditioning			Strength & Conditioning		
5:30pm	FYTE45		Strength & Conditioning			
6:30pm				FYTE45		

BOOKINGS MUST BE MADE FOR GYM TIMETABLE

Strength & Conditioning 1hr- 1hr15mins

FYTE45 - HIIT Style Training 45mins