



COMBAT CLASSES MONDAY

18.00pm	BEGINNERS KICKBOXING - STEVEN.C	CF
19.00pm	ADVANCED KICKBOXING & K1 - MICHAEL.G	CF
19.00pm	BRAZILIAN JIUJITSU - MO/TIM.B	CF

COMBAT CLASSES TUESDAY

18.00pm	BEGINNERS BOXING - LINUS.U	CF
19.00pm	ADVANCED BOXING - LINUS.U	CF
20.00pm	BRAZILIAN JIUJITSU - MO/TIM.B	CF

All classes are first come, first served. As a member you can book 7 days in advance. You cannot cancel a class within 2 hours of a class start time. No shows will result in your account being blocked from booking. Please call to cancel if needs be - 01296 256745



COMBAT CLASSES WEDNESDAY

18.00pm	BEGINNERS KICKBOXING - BRANDON	CF
19.00pm	ADVANCED KICKBOXING & K1 - MICHAEL.G	CF
19.00pm	FIGHT TEAM (SPARRING) - STEVEN.C	CF

COMBAT CLASSES THURSDAY

18.00pm	BEGINNERS BOXING - LINUS.U	CF
19.00pm	ADVANCED BOXING - LINUS.U	CF
20.00pm	BRAZILIAN JIUJITSU - MO/TIM.B	CF

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COMBAT CLASSES FRIDAY

19.00pm	MUAY THAI - RICHIE.P	CF
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COMBAT CLASSES SATURDAY

08.00am	BRAZILIAN JIUJITSU - MO/TIM	CF
08.00am	S+C FIGHT TEAM - STEVEN.C	CF
10.00am	FAMILY KICKBOXING - STEVEN.C	CF

**This session is for both adult and child members

COMBAT CLASSES SATURDAY

10.00am	MMA - RICHIE.P	CF
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COMBAT CLASSES FRIDAY

10.00am

MMA - RICHIE.P

CF

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