Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00am - 7:30am	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	CLASS	Days & Time
7:00am - 8:00am	Book Now	Fitness & Development	Book Now	Fitness & Development	Book Now	Fitness & Development	Book Now	Fitness & Development	Mon, Wed, Fri @ 7:00am - 8:00am
9:00am - 10:00am	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Fitness & Development	Mon, Wed, Fri @ 7:00pm - 8:00pm
10:00am - 11:00am	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Kids & Youth	Tues & Thurs @ 4:00pm - 5:00pm
11:00am - 12:30pm	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Fight Team	Mon - Fri @ 5:30pm - 7:00pm
12:15pm - 1:15pm	Book Now	Book Now	Ladies Only	Book Now	Ladies Only	Book Now	Book Now	UBCO	Tuesday @ 7:00pm - 8:00pm
2:30pm - 4:00pm	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	Book Now	OK College	Thursday @ 7:00pm - 8:00pm
4:00pm - 5:00pm	Book Now	Book Now	Kids & Youth	Book Now	Kids &Youth	Book Now	Book Now	Ladies Only	Tues, Thur @ 12:15pm - 1:15pm
5:30pm - 7:00pm	Book Now	Fight Team	Fight Team	Fight Team	Fight Team	Fight Team	Book Now	Muay Thai	Mon, Wed, Fri @ 8:00pm - 9:00pm
7:00pm - 8:00pm	Book Now	Fitness & Development	UBCO	Fitness & Development	OK College	Fitness & Development	Book Now		•
8:00pm - 9:00pm	Book Now	Muay Thai	Book Now	Muay Thai	Book Now	Muay Thai	Book Now		

Book Now

Book Now

Book Now

8:30pm - 9:00pm

Book Now

Book Now

Book Now

Book Now