

## STRIKING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM						KICKBOXING	
10AM	OPEN MAT	OPEN MAT	KICKBOXING	OPEN MAT			
11AM	OPEN MAT	OPEN MAT	POWER ROUNDS/SPARRING	OPEN MAT			
4:30PM				KIDS 8-12 YRS			
5:15PM	OPEN MAT	OPEN MAT	KICKBOXING	OPEN MAT	OPEN MAT		
6:15PM	KICKBOXING	BOXING/SPARRING	POWER ROUNDS/SPARRING	BOXING	BOXING FITNESS		

### CLASS DESCRIPTION

**KICKBOXING:** Learn the techniques of striking with hands, shins, knees and elbows with a slant towards MMA

**BOXING:** Traditional boxing program that can prepare you for either boxing competition or MMA. 90 to 120 mins

**OPEN MAT:** Use the striking zone for your personalised development. While you must respect the grappling class which is running concurrently, you can use the bags, cage and boxing ring as you wish.

**KIDS 8-12:** A kids boxing class to get them started early in martial arts.

**POWER ROUNDS:** A hard fitness class focusing on pad work. One of the toughest challenges all week

**SPARRING:** Combat simulation for advanced trainers only. You will require a mouth guard, 16oz gloves and shin pads