

## STRIKING

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

## 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.

**COMP PREP:** A hard fitness class focusing on fight preparation 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