



TIMETABLE

GYM SCHEDULE

MON

Juniors 8-12yrs - 5pm
Adult Bootcamp - 6pm
Adult Muaythai - 7pm
Adult sparring - 8pm

THURS

Juniors 4-7yrs - 5pm
Juniors 8-12yrs - 6pm
Adult Muaythai - 7pm
Adult Boxing - 8pm

FRI

Open Gym - 5-7pm

BLUE = Classes for 4-7yr olds

RED = Classes for 8-12yr olds

White = Classes for Adults

www.championstrainingacademy.com

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