

|                | Mon                 | Tues                | Wen                         | Thurs                    | Fri                 | Sat                 | Sun            |
|----------------|---------------------|---------------------|-----------------------------|--------------------------|---------------------|---------------------|----------------|
| <b>10am</b>    | Personal Training   | Personal Training   |                             | Personal training        | Personal training   |                     |                |
| <b>11am</b>    | P/T                 | Beginners Muay Thai |                             | Beginners Muay Thai      | P/T                 | Beginners Muay Thai |                |
| <b>12pm</b>    | P/T                 | P/T                 |                             | P/T                      | P/T                 |                     |                |
| <b>1pm</b>     | P/T                 | P/T                 |                             | P/T                      | P/T                 | Kids taekwondo      |                |
| <b>2pm</b>     | P/T                 | P/T                 |                             | P/T                      | P/T                 |                     | Kids taekwondo |
| <b>3pm</b>     | P/T                 | P/T                 |                             | P/T                      | P/T                 |                     |                |
| <b>4pm</b>     | Kids taekwondo      |                     | Kids taekwondo              |                          | Kids taekwondo      |                     |                |
| <b>5pm</b>     |                     | Kids Muay Thai      |                             | Kids Muay Thai           |                     |                     |                |
| <b>6pm</b>     | Beginners Muay Thai | Fitness muaythai    | Beginners Muay Thai         | Beginners Muay Thai      | Beginners Muay Thai |                     |                |
| <b>7pm</b>     | Beginners Muay Thai | Womans Muay Thai    | Beginners MuayThai          | Womans Muay Thai Fitness | Beginners Muay Thai |                     |                |
| <b>8pm</b>     | Fighters Only       | Boxing              | Westling With Adrian wooley | Beginners Jiu jitsu      | Fighters Only       |                     |                |
| <b>9:30 pm</b> | Taekwondo           |                     | Taekwondo                   |                          | Taekwondo           |                     |                |

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