



**TRIPLE
THREAT**
BOXING CLUB



**TRIPLE
THREAT**
KICKBOXING CLUB

SPECIALISED CLASS SCHEDULE

ALL CLASSES ARE 60MIN TO 90MIN LONG depending on the type of class and day of training and start on the hour

TIME	MON	TUES	WED	THURS	FRI	SAT
4:30 AM						
5:00 AM	Group PT & Sports Conditioning 5am - 9:30am	Kickboxing / Boxing 5am - 9:30am		Kickboxing / Boxing 5am - 9:30am	Group PT & Sports Conditioning 5am - 9:30am	Personal Training 6am
6:00 AM						Ladies kickboxing 7am - 8am
7:00 AM	Ladies kickboxing 6am - 7am		Personal Training 7am - 12pm	Ladies kickboxing 6am - 7am		Kickboxing / Boxing 7am - 8am
8:00 AM	Ladies kickboxing 8am - 9am			Ladies kickboxing 8am - 9am		Kickboxing / Boxing 8am - 10am
9:00 AM						Free Ladies Self-defense 10:30am - 11:30am
	Personal Training 9:30am - 12pm	Personal Training 9:30am - 12pm		Personal Training 9:30am - 12pm	Personal Training 9:30am - 12pm	
3:00 PM	Group PT & Sports Conditioning 3pm - 7pm	Kids kickboxing 3pm - 5pm	Group PT & Sports Conditioning 3pm - 7pm	Kids kickboxing 3pm - 5pm	Group PT & Sports Conditioning 3pm - 5:30pm	
4:00 PM						
5:00 PM	Ladies kickboxing 5pm - 6pm	Kickboxing / Boxing 5pm - 7pm	Ladies kickboxing 5pm - 6pm	Kickboxing / Boxing 5pm - 7pm		
6:00 PM						