

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FIGHT - BEGINNERS</b> 11:00 - 12:00 Malic	<b>FIGHT - INTERMEDIATE</b> 07:00-08:00 Clyde	<b>FIGHT - BEGINNERS</b> 07:00-08:00 Clyde	<b>FIGHT</b> 07:00 - 07:45 Fabio	<b>FIGHT - BEGINNERS</b> 07:00-08:00 Virgil	<b>FIGHT - BEGINNERS</b> 09:00-10:00 Kris-Anne	<b>FIGHT</b> 09:00-09:45 Clyde
<b>FIGHT</b> 12:15 - 13:00 Malic	<b>FIGHT - BEGINNERS</b> 08:00-09:00 Clyde	<b>FIGHT</b> 08:00-08:45 Clyde	<b>FIGHT</b> 08:00 - 08:45 Fabio	<b>FIGHT &amp; WEIGHTS</b> 08:00-09:00 Virgil	<b>BOOTY 45</b> 09.30-10.30 Adam	<b>FIGHT - BEGINNERS</b> 10:00-11:00 Clyde
<b>FIGHT</b> 16:00 - 16:45 Heisam	<b>FIGHT - INTERMEDIATE</b> 11:15-12:15 Virgil	<b>FIGHT - BEGINNERS</b> 11:15-12:15 Fabio	<b>FIGHT - INTERMEDIATE</b> 11:15-12:15 Malic	<b>KICKBOXING - TECHNIQUE TRAINING</b> 09:00-10:00 Virgil	<b>STRENGTH 45</b> 10:30-11:15 Victoire	<b>FIGHT</b> 11:00-11:45 Clyde
<b>FIGHT - INTERMEDIATE</b> 17:00 - 18:00 Virgil	<b>FIGHT</b> 12:15-13:00 Virgil	<b>FIGHT</b> 12:15-13:00 Fabio	<b>FIGHT</b> 12:15 - 13:00 Malic	<b>YOGA - CHILL</b> 10:30-11.30 Marie-Sophie	<b>STRENGTH 45</b> 11:15-12:00 Victoire	<b>RING READY</b> 11:30-12:30 Steven
<b>STRENGTH 45</b> 17:30 - 18:15 Vic	<b>FIGHT</b> 16:00-16:45 Fabio	<b>FIGHT - BEGINNERS</b> 17:00-18:00 Fabio	<b>FIGHT - BEGINNERS</b> 17:00 - 18:00 Kris-Anne	<b>FIGHT- INTERMEDIATE</b> 11:15-12:15 Noach	<b>FIGHT</b> 10:00-10:45 Kris-Anne	<b>FIGHT</b> 12:00-12:45 Clyde
<b>FIGHT</b> 18:00 - 18.45 Virgil	<b>FIGHT</b> 17:00-17:45 Fabio	<b>STRENGTH 45</b> 17:30-18:15 Vic	<b>STRENGTH 45</b> 17:30 - 18:15 Adam	<b>FIGHT</b> 12:15-13:00 Noach	<b>FIGHT &amp; WEIGHTS</b> 11:00-12:00 Dimangio	<b>FIGHT - INTERMEDIATE</b> 13:00-14:00 Steven
<b>STRENGTH 45</b> 18:15 -19:00 Vic	<b>PILATES</b> 17:30-18.30 Adam	<b>FIGHT</b> 18:00-18:45 Fabio	<b>FIGHT</b> 18:00 - 18:45 Kris-Anne	<b>FIGHT</b> 17:00-17:45 Heisam	<b>FIGHT - INTERMEDIATE</b> 12:00-13:00 Dimangio	
<b>FIGHT</b> 19:00- 19:45 Virgil	<b>FIGHT &amp; MOBILITY</b> 18:00 -19:00 Shavelie	<b>STRENGTH 45</b> 18:15-19:00 Vic	<b>STRENGTH 45</b> 18:15 - 19:00 Adam			
<b>KICKBOXING - TECHNIQUE TRAINING</b> 19:00-20:00 Steven	<b>BOOTY 45</b> 18:40 -19.25 Adam	<b>FIGHT &amp; WEIGHTS</b> 19:00-20:00 Virgil	<b>TECHNIQUE TRAINING - BOXING ONLY</b> 18:45-19:45 Steven			
<b>FIGHT - BEGINNERS</b> 20:00-21:00 Virgil	<b>FIGHT &amp; MOBILITY</b> 19:00 - 20:00 Shavelie	<b>SPARRING</b> 19:00-20:00 Steven	<b>FIGHT - INTERMEDIATE</b> 19:00-20:00 Steven			
<b>PADSTRAINING - INTERMEDIATE</b> 20:00-21:00 Steven	<b>RING READY</b> 19:30 - 20:30 Dimangio	<b>FIGHT &amp; WEIGHTS</b> 20:00-21:00 Virgil	<b>FIGHT</b> 20:00-20:45 Heisam			
	<b>FIGHT</b> 20:00 - 21:00 Adam	<b>PADSTRAINING - INTERMEDIATE</b> 20:00-21:00 Steven	<b>RING READY</b> 20:00-21:00 Steven			
	<b>RING READY</b> 20:30 - 21:30 Dimangio					