



CLASS SCHEDULE & OPENING HOURS - EASTER 2018

Friday 30 March – Monday 2 April

NO CHILDREN'S CLASSES OR 'FREE TRIAL' CLASSES OVER EASTER

FRIDAY 30/03	SATURDAY 31/3	MONDAY 2/4
CLOSED	OPEN 10.00am – 2.00pm	OPEN 4.00pm to 8:00pm
MUAY THAI KICKBOXING CLASSES		
24 Hour Access Available – See Reception to Apply Now	12.00pm – 1.00pm Muay Thai Kickboxing All Level	5:30pm – 6:30pm Muay Thai Kickboxing All Level
BOXING CLASSES		
	1.00pm – 2.00pm Boxing Beginner	6:30pm – 7:30pm Boxing Beginner
FITNESS CLASSES		
	10.00am – 11.30am Fighting Fit	4:45pm – 5:25pm Express Fitness