

2010 CLASS TIMETABLE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boxing	6pm -7pm	6pm -7pm	6pm -7pm	6pm -7pm	6pm -7pm	10am – 11.00am
Kickboxing & Muay Thai	7.15pm – 8.30pm		7.15pm – 8.30pm	7.15pm – 8.30pm		
Ladies Hit Fit (Kickboxing)		6.15pm - 7.15pm				
Family Self Defence & Fitness Class				6pm -7pm		

JOIN NOW

- Unlimited classes.
- FREE Training mitt gloves & hand wraps included.
- Friendly, Elite, World Champion Trainers.
- 12 months = \$25 per week
- 6 months = \$30 per week



23 Wolverhampton St Stafford
(off Webster Rd)

3356 3363