

Class Time-table

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6.00 - 6.30 AM	RELENTLESS*				RELENTLESS*				RELENTLESS*					
6.30 - 7.00 AM	RELENTLESS*		RELENTLESS*		RELENTLESS*		RELENTLESS*		RELENTLESS*					
7.00 - 7.30 AM														
7.30 - 8.00 AM														
8.00 - 8.30 AM														
8.30 - 9.00 AM														
9.00 - 9.30 AM											CIRCUITS			
9.30 - 10.00 AM			CIRCUITS				CIRCUITS		BOXING		CIRCUITS			
10.00 - 10.30 AM													STRIKE (JM)**	
10.30 - 11.00 AM														
11.00 - 11.30 AM														
11.30 - 12.00 AM														
12.00 - 1.30PM														
1.30 - 2.00 PM	CIRCUITS				CIRCUITS				CIRCUITS					
2.00 - 2.30 PM														
2.30 - 3.00 PM														
3.00 - 3.30 PM														
3.30 - 4.00 PM														
4.00 - 4.30 PM														
4.30 - 5.00 PM														
5.00 - 5.30 PM														
5.30 - 6.00 PM	RELENTLESS*		RELENTLESS*		RELENTLESS*		RELENTLESS*							
6.00 - 6.30 PM														
6.30 - 7.00 PM	BOXING	OUTDOOR BOOTCAMP	CIRCUITS		H.I.R.T.	OUTDOOR BOOTCAMP	BOXING (JM)		CIRCUITS					
7.00 - 7.30 PM														
7.30 - 8.00 PM	BOXERCISE (JM)		CIRCUITS		STREET STYLE SELF DEFENSE (JM)		CIRCUITS (JM)							
8.00 - 8.30 PM														

* Please note our Relentless classes are 30 minute sessions ** Semi contact boxing/sparring
 Outdoor classes are located at Ankerside car park with an arrival time of 6:20PM - for directions please contact reception.

Book your classes online today at www.fitnessjunction.co.uk