



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
Open Gym 8.30-12.30	Tacfit 09.30 – 10.30	Open Gym 8.30 – 12.30	CrossFit 09.30 – 10.30	Powerlifting 8.30	Open Gym 8.30 – 11.00
	Open Gym 10.30 – 12.30		Open Gym 10.30 – 12.30	Open Gym 8.30-12.30	Tacfit 11.00-12.00
CrossFit 12.40 – 13.30	Tacfit 12.40 – 13.30	CrossFit 12.40 – 13.30	Tacfit 12.40 – 13.30	CrossFit 12.40 – 13.30	CrossFit 11.00 – 12.00
Open Gym 13.30 – 18.30	Open Gym 13.30 – 18.30	Open Gym 13.30 – 18.30	Open Gym 13.30 – 18.30	Open Gym 13.30 – 18.30	Speciality (On Demand) 12.00 – 13.00
CrossFit 17.30 – 18.30		CrossFit 17.30 – 18.30			
CrossFit 18.30 – 19.30	CrossFit 18.30 – 19.30	Powerlifting 18.30	Tacfit 18.30-19.30	Powerlifting 18.30	
Powerlifting 18.30		KettleBell 18.30 – 19.30	CrossFit 18.30 – 19.30	CrossFit 18.30 – 19.30	
TCF 19.30 – 20.30	CF Competitor 19.30	CrossFit 19.30 – 20.30	Tacfit 19.30 – 20.30	Tacfit 19.30 – 20.30	
CF Competitor 19.30	Tacfit 19.30 – 20.30	Tacfit 19.30-20.30	CF Competitor 19.30	CF Competitor 19.30	
CrossFit 20.30 – 21.30	CrossFit 20.30 – 21.30	CF Competitor 20.30	CrossFit 20.30 – 21.30		



BRASILIAN JIU JITSU



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	Kids Jiu Jitsu Class 17.30-18.30			Kids Jiu Jitsu Class 17.30-18.30	Drills / Sparring Class 12.30-14.00
Adult Jiu Jitsu Class 20.00-21.30	Adult Jiu Jitsu Class 18.30-20.00			Adult Jiu Jitsu Class 18.30-20.00	
	Self Defence/ Basic Jiu Jitsu Class 20.00-21.00	No Gi Class 20.00-21.30	Open Mat 18.30-21.30	Self Defence/ Basic Jiu Jitsu Class 20.00-21.00	