



# Women's Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
	Morning				
6.00am	<b>Bootcamp</b> 6.00-7.00am		<b>Bootcamp</b> 6.00-7.00am		<b>Bootcamp</b> 6.00-7.00am
10.00am		<b>Women's Boxing</b> 10.00-11.00am		<b>Women's Boxing</b> 10.00-11.00am	
	Evening				
6.30pm	<b>Women's KB</b> 6.30-7.30pm		<b>Women's KB</b> 6.30-7.30pm		
7.30pm			<b>Women's BJJ</b> 7.30-8.30pm	<b>Stretch and Flow</b> 7.30-8.30pm	
8.30pm	Open Drilling				
9.00pm	Gym Close				

	Saturday
9.00am	<b>Women's KB</b> 9.00-10.00am
10.00am	
11.30am	<b>Stretch and Flow</b> 11.30-12.30pm
	Gym Close