


**GROUP SESSIONS & TIMES ARE SUBJECT TO CHANGE
PLEASE BOOK IN & SCHEDULE YOUR SESSION ON THE APP**



<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
8:30AM						KICKBOXING & COMBOS - 45mins	 DEFENCE <i>Influence</i>
9:30AM						SPARRING 30 mins T.B.A.	
5:00PM	JUNIORS GROUND COMBATIVES - 45 mins		JNR KICKBOXING & DEFENCE - 45 mins		JNR KICKBOXING & DEFENCE - 45 mins		
6:00PM		BOXING FUNDAMENTALS - 60 mins		BOXING FUNDAMENTALS - 60 mins			
7:00PM	BJJ GROUND COMBATIVES - 90 mins	SPARRING 30 mins T.B.A.	BJJ GROUND COMBATIVES - 90 mins	KRAV MAGA DEFENCE - 60 mins	BJJ GROUND COMBAT - T.B.A. mins		
7:00PM		MUAY THAI - 60 mins					
8:00PM		SPARRING - 30 mins					
<p>INFLUENCE DEFENCE ANNUAL MEMBERSHIPS APPLY - ADULTS \$100 & JUNIORS \$80 ** PERSONAL TRAINING TIMES ARE AVAILABLE ON APPOINTMENT **</p>							