



TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am - 9am	Free creche!! Attend the 9:30am class or use the gym and take advantage of the creche					Opens 8am	Strength & Conditioning 8am
9am - 10am						Creche	Creche
10am - 11am	KETTLEBLAST 9:30am	Ladies Kickfit 9:30am	KETTLEBLAST 9:30am	Ladies Kickfit 9:30am	Legs Bums Tums 9:30am		
11am - 12pm				BJJ 10:30am		Thai Boxing & MMA sparring All levels 10:30am	BJJ Open matt 11am-1pm
12pm - 1pm							
1pm - 4pm							
4pm - 5pm	Kids BJJ 4:15						Closed 4pm
5pm - 6pm	Teens BJJ 5pm	Kids Boxing 8-14yrs 5-6pm			Teens BJJ 5pm	Boxing 5.30-6.30pm	
6pm - 7pm	MMA Grappling 6pm	MMA Beginners 6pm	4-week Beginner Boxing & Kickboxing course	No GI BJJ 6pm			Closes 6pm
7pm - 8pm	Beginners Kickboxing 7pm	BJJ 7pm beginners 8pm advanced	Boxing 7pm BJJ 7pm	Beginner Kickboxing 7pm		BJJ 6.30pm - 8:00pm COMP.TRAINING	
8pm - 9:30pm	Fighter Squad Thai 8pm		BJJ 8pm	Fighter Squad Thai 8pm		Closes at 8:30pm	

Unlimited Gym Use: £30 a month

Unlimited Gym & Classes Use: £39 a month

*Free Creche Monday to Friday 9:30 - 10:30am

Single Gym Session £5.50

Single Class Session £5

Gym 01637 859955

konceptgym@gmail.com

1-2-1 MMA & Thai Boxing sessions

Mark Rowlett 07725029299

Dirk 07890264387

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