



FITNESS TIMETABLE

MONDAY

06.30-13.30	OPEN GYM
06:30-07.30	WOD
09:30-10.30	WOD
10:30-11.30	TEAM
16:30-21:00	OPEN GYM
17:00-17:45	KIDS WOD
17:45-18:30	JUNIOR WOD
18:30-19.30	WOD
19:30-20.30	ULTIMATE
20:30-21.30	FUNDEMENTALS

TUESDAY

06.30-13.30	OPEN GYM
06:30-07.30	METCON
09:30-10.30	LIFT
10:30-11.30	RIG
10:30 - 11:30	CHIPPER
16:30-21:00	OPEN GYM
17:00-17:45	JUNIOR LIFT
18:00-19.00	WOD
19:00-20:00	LADIES BOXING
19:00-20.00	WOD
20:00-21.00	WOD

WEDNESDAY

06.30-13.30	OPEN GYM
06:30-07.30	CHIPPER
09:30-10.30	MOVE
10:30-11.30	WOD
16:30-21:00	OPEN GYM
17:30-18:30	LIFT
18:30-19.30	METCON
18:45 - 19:30	CRONX
19:30-20.30	RIG
19:30-20.30	POWER
20:30-21.30	WOD

THURSDAY

06.30-13.30	OPEN GYM
06:30-07.30	LIFT
09:30-10.30	WOD
10:30-11.30	METCON
16:30-21:00	OPEN GYM
17:00-17:45	KIDS WOD
17:45-18:30	JUNIOR WOD
18:30-19:30	MOVE
19:30-20.30	FUNDEMENTALS
20:30-21.30	ULTIMATE

FRIDAY

06.30-13.30	OPEN GYM
06:30-07.30	WOD
09:30-10.30	WOD
10:30-11.30	RIG
16:30-21:00	OPEN GYM
17:00-17:45	JUNIOR LIFT
18:00-19.00	LIFT
19:00-20.00	TEAM

SATURDAY

07.30-14.00	OPEN GYM
07:30-08.30	LIFT
08:30-09.30	ULTIMATE
09:30-10:30	FUNDEMENTALS
10:30-11.30	METCON

SUNDAY

08.00-13.00	OPEN GYM
08:00-09.00	FLEX
09:00-10:00	LIFT
10:00-11:00	WOD
11:00-12.00	TEAM

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