

ROAR

MIXED MARTIAL ARTS

24/7
GYM

TIMETABLE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AM

5:30am
S&C
Ethan

5:30am
HIIT
Ethan

5:30am
S&C
Amber

8:00am
Combat
S&C

9:15am
S&C
Ethan

9:15am
HIIT
Ethan

9:15am
S&C
Amber

9:00am
S&C
Ethan

PM

5:30pm
S&C
Jacob

5:30pm
HIIT
Karina



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