

Richmond Group Sessions



Monday

- 12pm: Boxing *Ladies by Samantha*
- 4pm: Kids 5-13 years
- 5pm: Boxing
- 6pm: Boxing Advanced
- 6pm: Muay Thai
- 6.30pm: Street Jiu Jitsu
- 7pm: Muay Thai Advanced

Tuesday

- 5pm: Boxing
- 6pm: Boxing Advanced
- 6pm: Muay Thai
- 6pm: Sambo

Wednesday

- 12pm: Strength & Conditioning
- 5pm: Boxing
- 6pm: Boxing Advanced
- 6pm: Muay Thai
- 6.30pm: Street Jiu Jitsu
- 7pm: Yoga *with Monica*

Thursday

- 4pm: Kids 5-13 years
- 5pm: Boxing
- 6pm: Boxing Advanced
- 6pm: Muay Thai
- 7pm: Muay Thai Advanced

Friday

- 5pm: Boxing *Ladies by Samantha*
- 5pm: Boxing
- 5pm: Muay Thai