

Sutherland Group Sessions

GYM OPEN 6AM - 10PM EVERYDAY

Monday

- 5pm: Boxing
- 6pm: Boxing (Advanced)

Tuesday

- 12pm: Kickboxing
- 5pm: Boxing
- 6pm: Boxing (Advanced)
- 7pm: TEAMS by private booking

Wednesday

- 5pm: Boxing
- 6pm: Brazilian Jiu-Jitsu

Thursday

- 12pm: Circuit, Strength and Conditioning
- 4pm: Junior Boxing
- 5pm: Boxing
- 6pm: Sparring Boxing and Kickboxing
- 7pm: Muay Thai

Friday

- 5pm: Circuit, Strength and Conditioning

Saturday

- 9:30am: Muay Thai



One on one private sessions in the gym or any of the combat disciplines,
Boxing, Kickboxing, Muay Thai, Krav Maga, Wrestling, BJJ, Sambo, Judo,
Personal Training, Physiotherapy, Massage \$50 Members \$70 Non members