

## 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

### Tuesday

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

### Wednesday

- 12pm: Strength & Conditioning
- 5pm: Boxing
- 6pm: Boxing Sparring
- 6pm: Muay Thai
- 6.30pm: Street Jiu Jitsu

### Thursday

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

### Friday

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