

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: Muay Thai

Thursday

12pm: Circuit, Strength, and Conditioning
4pm: Junior Boxing
5pm: Boxing
6pm: Sparring Boxing and Kickboxing
7pm: TEAMS by private booking

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