



## Retro Fitness – Timetable 2023

<b>Monday</b> (1 PM – 8 PM)	<b>Tuesday</b> (1 PM – 8:30 PM)	<b>Wednesday</b> (1 PM – 8 PM)	<b>Thursday</b> (1 PM – 8:30 PM)	<b>Friday</b> (1 PM – 8 PM)	<b>Saturday</b> (10 AM – 2 PM)	<b>Sunday</b> (CLOSED)
Kids Kickboxing @ 5 PM	Kids Kickboxing @ 4 PM	Ladies Boxing Fitness @ 9:30 AM	Kids Kickboxing @ 4 PM	Ladies Boxing Fitness @ 9:30 AM	Adults Kickboxing @ 11 AM	
Hatton Boxing Fitness @ 6 PM	Kids Kickboxing @ 5 PM	Kids Brazilian Jiu Jitsu @ 6 PM	Kids Kickboxing @ 5 PM	Kids Kickboxing @ 5 PM		
Adults Boxing @ 7PM	Bootcamp Fitness @ 6 PM	Gym Fitness @ 6 PM	Bootcamp Fitness @ 6 PM	Bootcamp @ 6 PM		
	Adults Kickboxing @ 7 PM	Adults Brazilian Jiu Jitsu @ 7 PM	Adults Kickboxing @ 7 PM	Adults Kickboxing @ 7 PM		
		Aikido @ 8 PM				

**Note:** We open earlier if **personal training sessions** are booked or **open mat**.