

# BATTLE READY

## GYM SCHEDULE

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
07:00 - 08:00 FUNCTIONAL FITNESS	07:00 - 08:00 FUNCTIONAL FITNESS	17:00 - 18:30 OPEN GYM	07:00 - 08:00 FUNCTIONAL FITNESS	07:00 - 08:00 FUNCTIONAL FITNESS	09:00 - 10:00 FUNCTIONAL FOUNDATIONS	10:00 - 12:00 OPEN GYM
17:30 - 18:15 FUNCTIONAL FITNESS	17:00 - 18:00 FUNCTIONAL GYMNASTICS	18:30 - 21:30 WRESTLING	17:30 - 18:30 OLYMPIC LIFTING	18:00 - 19:00 FUNCTIONAL FITNESS	10:00 - 11:00 FUNCTIONAL FITNESS	
18:30 - 21:30 WRESTLING	18:00 - 19:00 FUNCTIONAL FITNESS		18:30 - 19:30 FUNCTIONAL FITNESS			

**GROUP OR INDIVIDUAL PRIVATE SESSIONS ALSO AVAILABLE  
GET IN TOUCH TO FIND OUT MORE ABOUT ANY OF OUR CLASSES**

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