

<i>Mon</i>						17.15-18.00 Kids Thai- kickboxing 5-13 yrs £5	18.15-19.00 Skip Fit Yumi Mummy £5	19.00-20.00 Thaiboxing Tech/Pads Rich Cadden £6.50	20.00-21.00 BJJ Danny Mitchell £6.50
<i>Tues</i>	10:00-11:00 Bokwa Yumi mummy £6	11:00-12:00 Fitness Yoga Yumi Mummy £6					18.15-19.00 Core Training Yumi Mummy £5	19.00-20.15 Thai sparring Rich Cadden £6.50	20.15-21.15 MMA £6.50
<i>Wed</i>						17.15-18.15 Zumba Yumi Mummy COMING SOON £5	18.15-19.15 Karate £5	19.15-20.15 Thaiboxing Tech/Pads Rich Cadden £6.50	20.30-21.30 Fitness Yoga £6
<i>Thurs</i>	10.00-10.45 LBT Yumi Mummy COMING SOON £5	10.45-11.30 Fitness Pilates Yumi Mummy COMING SOON £6		13.15-14.15 Zumba Yumi Mummy £5		17.15-18.00 Kids Thai- Kickboxing 5-13yrs £5	18.15-19.00 Box fit Yumi Mummy £5	19.00-19.45 Kettle bell fit £5	19.45-21:00 BJJ £6.50
<i>Fri</i>						17.15-18.15 Zumba COMING SOON £5	18.15-19.15 Thai Fit Rich Cadden £6.50	19.30-20.30 Fitness Pilates COMING SOON £6	
<i>Sat</i>		10.00-11.00 Family BJJ £6.50	11.00-13.00 Open gym £5						
<i>Sun</i>				13.30-15.30 MMA Dave Butlin £6.50	15.30-16.45 Open Gym £5	16.45-17.30 Kettle bell fit £5	17.30-19.00 Thaiboxing Technique Rich Cadden £6.50		Chokdee timetable Wk start 23/01/12

These classes are fitness/toning classes and are on the monthly payments & pay as you go.

These classes are on the monthly payments & pay as you go and are specialised martial arts classes run by European & world champions

These are freelance instructors and are only on a pay as you go basis to the instructor, these are extra to the monthly payments.

These are kids classes on a pay as you go basis.

This is open gym time to use our facilities this is a pay as you go basis.

Where you see the Yumi mummy sign you can bring your bubba to classes 😊

Coming soon classes please ask at reception when these classes start.