

# CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6.15AM - 7AM BRUTAL BOOTCAMP DUNCAN		6.15AM - 7AM KOMBAT KONDITIONING DUNCAN		6.15AM - 7AM FULL BODY BEAT DOWN DUNCAN	10AM - 11AM SAVAGE SATURDAY ARRON
EVENING	6.30PM - 7.15PM BRUTAL BOOTCAMP ARRON	6.30PM - 7.15PM FULL OF HIIT ARRON	6.30PM - 7.15PM KOMBAT KONDITIONING ARRON	6.30PM - 7.15PM HYBOX ARRON		

**FREE TO ALL KINGS MEMBERS**

£5 CLASS PASS AVAILABLE FOR NON MEMBERS