

KAGE FITNESS Class Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--|-----------|-----------|-----------------------|----------|-------------------|----------|
| 9:00 AM | Book your place for morning group now! | | | | | GYM CLOSED | |
| 10:00 AM | | | | | | | |
| 1:00 PM | Kids MMA | KIDS CAMP | Kids MMA | KIDS CAMP | Kids MMA | | |
| 2:00 PM | | | | | | | |
| 5:30 PM | Kick Boxing | BURN | Muay Thai | Olympic Weightlifting | | | |
| 6:30 PM | Crossfit | Crossfit | Crossfit | Crossfit | Crossfit | | |
| 7:30 PM | Boxing | Muay Thai | Boxing | Kick Boxing | Boxing | | |
| 8:30 PM | BURN | MMA | BURN | MMA | | | BOOTCAMP |