







TIME	MON	TUE	WED	THU	FRI	SAT	SUN
05:00	***				***		
05:30	BOXING	TABATA KAMONA		TABATA KAMONA	BOXING		
06:00	YOGA				YOGA		
07:00		***		***		TABATA KAMONA	
08:30	CIRCUIT TRAINING KAMONA	BOXING	KAMONA	BOXING			
09:00							
09:30				YOGA			
15:30							
16:00						YOGA	
16:15							



GYM OPERATING HOURS

MON - FRI : 05:00AM - 09:00PM | SAT - SUN 06:00AM - 06:00PM