

Heartbreak

C O N D I T I O N I N G

CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Boxing Beginners 6am – 7am	Boxing Beginners 6am – 7am	Heartbreak Athlete 6am – 7am	Heartbreak Kettle Bell 6am – 7am	Heartbreak Fat Blast 6am – 7am	Outdoor Class 6:30am – 7:30am Kurawa Park Broadbeach	
7am	Open Gym	Heartbreak Kettlebell 7am	Open Gym	Open Gym	Open Gym		
8am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Outdoor Beginners 8am – 9am	Open Gym 8.30am
9am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	MMA Warrior (on request) 9:30am – 10:30am	Open Gym
10am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Beginners Judo 10am – 11am	Open Gym
11am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		Open Gym
12pm	Heartbreak Fat Blast 12pm – 12:30pm	Heartbreak Fat Blast 12pm – 12:30pm	Heartbreak Fat Blast 12pm – 12:30pm	Heartbreak Fat Blast 12pm – 12:30pm	Heartbreak Fat Blast 12pm – 12:30pm		Closed
1pm	Open Gym	Open Gym	Open gym	Open Gym	Open Gym		
2pm	Open Gym Sponsored Fighters Training	Open Gym Sponsored Fighters Training	Open gym Sponsored Fighters Training	Open Gym Sponsored Fighters Training	Open Gym Sponsored Fighters Training		
3pm	Open Gym	Open Gym	Open gym	Open Gym	Open Gym		
4pm	Open Gym	Open Gym	Open gym	Muay Thai 4pm-5.30pm	Open Gym	Closed	
5pm	American Wrestling 5.30 – 7pm	Heartbreak Beginners 5pm – 6pm	Heartbreak Honeys 5:30pm – 6pm	Heartbreak Beginners 5:30pm – 6pm	American Wrestling 5.30 – 7pm		
6pm	Heartbreak Strength 6pm – 7pm	Muay Thai 6pm – 7pm	Heartbreak Power 6pm – 7pm	Beginners Boxing 6pm – 7pm	Heartbreak Fat Blast 6pm – 6:30pm		
7pm	MMA 7pm onwards	BJJ 7pm – 8pm	Open Sparring 7pm – 8pm	BJJ 7pm – 8pm	MMA 7pm onwards		