

TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN 06.30 – 21.30	OPEN 06.30 – 21.30	OPEN 06.30 – 21.30	OPEN 06.30 – 21.30	OPEN 06.30 – 20.00	OPEN 08.30 – 13.30	OPEN 09.30 – 14.30
Ground'n'Pound & Stand Up 07.30-08.15	It's Back! Boxing Squad 07.30-08.15		MMA Circuits 07.30-08.15	Extreme Intervals with Core Conditioning 07.30-08.15	White Collar Fight Squad 09.00-10.00	NEW Thai Boxing 10.00-11.00
Bag Blasts with Circuits 12.10-12.55	MMA Circuits 13.10-13.55	Beginners Technical Fight Squad 12.10-12.55	Ground'n'Pound & Stand Up 13.10-13.55	It's Back! Boxing Squad 12.10-12.55	It's Back! Boxing Squad 10.00-11.00	Bag Blasts with Circuits 12.00-12.45
	MMA Circuits 18.00-18.45				White Collar Fight Squad 12.00-13.00	
It's Back! Boxing Squad 18.00-18.45		Extreme Intervals with Core Conditioning 18.00-18.45	Bag Blasts with Circuits 18.00-18.45			
Beginners Technical Fight Squad 19.00 - 20.00	White Collar Fight Squad 18.30-20.30					
Circuits with Ab Blast 19.00-19.45	Ground'n'Pound & Stand Up 19.00-19.45	It's Back! Boxing Squad 19.00-19.45	NEW Thai Boxing 19.00-19.45			
			White Collar Fight Squad 18.30-20.30			

White Collar Fight Squad Sessions £5. (members only)

PRICE LIST	CONTRACT 12 MONTH	CONTRACT 6 MONTH	CONTRACT ROLLING	CONTRACT OFF PEAK	CONTRACT WEEKEND
Monthly Fee	£35	£42	£50	£27	£17
Joining Fee	£10	£10	£10	£10	£10
Minimum DD Payments	12	6	1	6	6
2 PT Sessions	✓	✓	✓	✓	✓
Consultation	✓	✓	✓	✓	✓
Classes Included	✓	✓	✓	✓	✓

OFF PEAK MEMBERSHIP

WEEKDAYS 07.00-16.30 SATURDAY'S Included SUNDAY Included
WEEKEND CONTRACT From Friday 17.00 until Sunday 14.30

SERVICE RATE

Must produce a valid ID card when joining.
 Services (armed forces, police and fire service) - join on a 6 month contract **£32 p/m.**

Telephone: 0121 212 9461

www.fightingfitcitygym.com

CLASS DESCRIPTIONS

Extreme Intervals with Core Conditioning

An intense blood shunting class. 3-minute rounds, completed circuit format, mixing up punching stations with lower body and abdominal exercises for an all over body workout.

BOXING FOCUS ☆☆☆

CLASS INTENSITY ☆☆☆☆

Bag Blasts with Circuits

A traditional boxer's training routine, mixing up skipping, shadow boxing and bag work. Followed by a traditional callisthenics circuit.

BOXING FOCUS ☆☆☆☆

CLASS INTENSITY ☆☆☆☆

Circuits with Ab Blast

A conventional old school circuits class. Mixing in body weight exercise with steps, barbells and dumbbells for a complete workout.

BOXING FOCUS

CLASS INTENSITY ☆☆☆☆

Beginners Technical Fight Squad

A FREE introduction - Slips, Blocks, Parrys and evasions are drilled to develop the basics required to move into our prestigious White Collar Fight Squad.

BOXING FOCUS ☆☆☆☆☆

CLASS INTENSITY ☆☆

Ground 'n' Pound and Stand Up

Derived straight from the conditioning drills used by MMA fighters. 5-minute rounds integrating stand up striking, including knees, kicks and elbows with conditioning exercise and everyone's favourite, the ground 'n' pound.

BOXING FOCUS ☆☆

CLASS INTENSITY ☆☆☆☆

MMA Circuits

A circuit class with a difference, 5 minute rounds of 'balls to the walls' exercises with functional MMA training tools including kettle bells, power bags, TRX bands and striking drills.

BOXING FOCUS ☆☆

CLASS INTENSITY ☆☆☆☆☆

Boxing Squad

It's Back!

A session to suit all levels from complete beginner to advanced boxer. 2 instructors run this premier class and incorporate 1 round of pads, numerous bags and old skoll drills for complete boxing development.

BOXING FOCUS ☆☆☆☆☆

CLASS INTENSITY ☆☆☆☆

Thai Boxing

NEW

Our very own professional MMA fighter Tom Breese shows you how he first trained for combat sport with Thai Boxing. Kicks, punches, elbows and knees are used for an alternative workout.

BOXING FOCUS ☆☆☆

CLASS INTENSITY ☆☆☆

SQUAD SESSIONS

White Collar Fight Squad

A more intense sparring session involving open sparring for those looking to headline on our next White Collar Show.

BOXING FOCUS ☆☆☆☆☆

CLASS INTENSITY ☆☆☆☆

SPARRING TIMES

Tuesday 18.30

81Kg, 91Kg & 91KG+

Tuesday 19.30

69Kg & 75Kg

Thursday 18.30

Women Only

Thursday 19.30

75Kg, 81Kg & 91Kg

Saturday 09.00

69Kg & 75Kg

Saturday 12.00

81Kg, 91Kg & 91KG+

Cornwall House, 31 Lionel Street (Off St Paul's Square) Birmingham B3 1AP

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