



13/49-63 Victoria St, Smithfield 2164

8740 2956

www.extrememartialfitness.com.au

email: info@extrememartialfitness.com.au

Timetable as of 8th August 2015

Monday A	Tuesday A	Wednesday B	Thursday B	Friday	Saturday A/B	
Adult Fitness Classes <i>INFRA-RED SAUNA</i>	MA Private Tuition Available	Personal Training one on one or Small groups Available	<i>Gift Certificates Available</i> Virtual Boxing and Spin Classes	Martial Arts Personal Training	Karate Birthday Parties <i>Gym Facilities Available</i>	
4:30-5pm Lil' Extremes 4-6yrs	4:30-5pm Lil' Extremes 4-6yrs	4:30-5pm Lil' Extremes 4-6yrs	4:30-5pm Lil' Extremes 4-6yrs	4:30-5pm Lil Extremes Elite Demo Team	6:30 – 7:30 am Boot Camp School terms only	
5 - 5:20pm Lil' Extremes sparring class	5 - 5:20pm Lil' Extremes sparring class	5 - 5:20pm Lil' Extremes sparring class	5 - 5:20pm Lil' Extremes sparring class	5 – 6pm Cubs & Tigers Elite Demo Team	10-10:30am Lil Extremes	10-10:30am BBC3 Lil' Extremes
5:20 – 5:55pm Extreme Cubs 7-10yrs	5:20 – 5:55pm Extreme Cubs 7-10yrs	5:20 – 5:55pm Extreme Cubs 7-10yrs	5:20 – 5:55pm Extreme Cubs 7-10yrs		10:30-10:50am Lil Extremes Sparring	
5:55 - 6:15pm Cubs Sparring class	5:55 - 6:15pm Cubs Sparring class	5:55 - 6:15pm Cubs Sparring class	5:55 - 6:15pm Cubs Sparring class	6.20pm SHARP GRADING Lil Extremes Cubs & Tigers Dragons	10:50 – 11:25am Extreme Cubs 7-10yrs	
6:15- 6:55pm Extreme Tigers 11-15yrs	6:15- 6:55pm Extreme Tigers 11-15yrs	6:15- 6:55pm BBC 2 Cubs	6:15- 6:55pm Extreme Tigers 11-15yrs		11:25-11:45am Extreme Cubs Sparring class	
6:55 – 7:20pm Extreme Tigers Sparring class	6:55 – 7:20pm Extreme Tigers Sparring class	6:55 – 7:20pm Extreme Tigers Sparring class	6:55 – 7:20pm Extreme Tigers Sparring class		11:45 – 12:25pm Extreme Tigers 11-15yrs	
7:20-8:10pm BBC 1 Tigers	7:20-8:10pm Kickboxing Fitness 15yrs+	7:20-8:00pm Extreme Tigers 11-15yrs	7:20-8:10pm GX Punchfit Fitness 15yrs+		7:30-8:10pm Leadership	12:25-12:45pm Extreme Tigers Sparring class
					12.45-1:45pm MMA Adults	
8:10-8:50pm Ex-Dragons 16+ & Adults	8:10-8:50pm Ex-Dragons 16+ & Adults	8:00-8:40pm MMA Adults	8:10-8:50pm Ex-Dragons 16+ & Adults			
8:50-9:20pm Ex-Dragons (Adults) Sparring/Fitness	8:50-9:20pm Ex-Dragons (Adults) Sparring/Fitness	8:40-9:10pm Adults Sparring/Fitness	8:50-9:20pm Ex-Dragons (Adults) Sparring/Fitness		From 4pm Karate Birthday Parties	



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Timetable as of August 2015

VIRTUAL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>3:25 – 4:20pm</u> Spin 3	<u>3:25 – 4:20pm</u> Spin 1	<u>3:25 – 4:20pm</u> Spin 4	<u>3:25 – 4:20pm</u> Spin 2		
<u>4.25 - 5.20pm</u> Spin 1	<u>4.25 - 5.20pm</u> Fight FX Virtual Boxing	<u>4.25 - 5.20pm</u> Spin 3	<u>4.25 - 5.20pm</u> Spin 4	<u>4.25 - 5.20pm</u> Spin 4	<u>10 – 11am</u> Fight FX Virtual Boxing
<u>5:25 – 6:20pm</u> Spin 2	<u>5:25 – 6:20pm</u> Spin 3	<u>5:25 – 6:20pm</u> Spin 1	<u>5:25 – 6:20pm</u> Fight FX Virtual Boxing	<u>5:25 – 6:20pm</u> Spin 3	<u>11 - 12pm</u> Groove Virtual Dance
<u>6:25 – 7:20pm</u> Fight FX Virtual Boxing	<u>6:25 – 7:20pm</u> Spin 4	<u>6:25 – 7:20pm</u> Spin 2	<u>6:25 – 7:20pm</u> Spin 3		<u>12-1pm</u> Spin 2
<u>7:25 – 8:20pm</u> Spin 4	<u>7:25 – 8:20pm</u> <i>MA Dragons</i> Leadership	<u>7:25 – 8:20pm</u> Fight FX Virtual Boxing	<u>7:25 – 8:20pm</u> <i>MA Tigers</i> Leadership		<u>1 – 2pm</u> Spin 3

INFRA - RED SAUNA TIMES

BOOKING ESSENTIAL - Maximum of 2 people at any given time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 – 4:00pm	3:30 – 4:00pm	3:30 – 4:00pm	3:30 – 4:00pm		10 – 10:30am
4:05 – 4:35pm	4:05 – 4:35pm	4:05 – 4:35pm	4:05 – 4:35pm		10:35 – 11:05am
4:40 – 5:10pm	4:40 – 5:10pm	4:40 – 5:10pm	4:40 – 5:10pm	4:30 – 5:00pm	11:10 – 11:40am
5:15 – 5:45pm	5:15 – 5:45pm	5:15 – 5:45pm	5:15 – 5:45pm	5:05 – 5:35pm	11:45 – 12:15pm
5:50 – 6:20pm	5:50 – 6:20pm	5:50 – 6:20pm	5:50 – 6:20pm	5:40 – 6:10pm	12:20 – 12:50pm
6:25 – 6:55pm	6:25 – 6:55pm	6:25 – 6:55pm	6:25 – 6:55pm		12:55 – 1:15pm
7:00 – 7:30pm	7:00 – 7:30pm	7:00 – 7:30pm	7:00 – 7:30pm		1:20 – 1:50pm
7:35 – 8:05pm	7:35 – 8:05pm	7:35 – 8:05pm	7:35 – 8:05pm		
8:10 – 8:40pm	8:10 – 8:40pm	8:10 – 8:40pm	8:10 – 8:40pm		
8:45 – 9:15pm	8:45 – 9:15pm	8:45 – 9:15pm	8:45 – 9:15pm		