

YOUTH CLASS SCHEDULE



GYM	MON	TUE	WED	THU	FRI	SUN
8:00 AM	-	-	-	-	-	KIDS (5-7 YRS)
9:00 AM	-	-	-	-	-	KIDS (8-10 YRS)
10:15 AM	-	-	-	-	-	PRE-TEENS
11:15 AM	-	-	-	-	-	TEENS
12:30 PM	-	-	-	-	KIDS & KIDS+	-
1:30 PM	-	-	-	-	PRETEENS & TEENS	-
5:00 PM	PRE-TEENS	-	PRE-TEENS	PRE-TEENS	-	-
6:00 PM	TEENS	-	TEENS	TEENS	-	-

*Pre-Teens: Ages 11 to 13 Years Old

*Teens: Ages 14 - 18 Years Old

 +971 56 116 9795



Email: winning@innerfight.com | Phone: 04 585 1138 | Olivara Residences & Park, Hessa Street, Studio City, Dubai