

YOUTH CLASS SCHEDULE



GYM	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	-	-	-	-	-	-	KIDS (5-7 YRS)
9:00 AM	-	-	-	-	-	-	KIDS (8-10 YRS)
10:15am	-	-	-	-	-	-	PRE-TEENS
11:15 AM	-	-	-	-	-	-	TEENS
12:30 PM	-	-	-	-	KIDS (MIXED)	-	-
1:30 PM	-	-	-	-	PRE-TEENS	-	-
2:30 PM	-	-	-	-	TEENS	-	-
4:00 PM	-	-	KIDS (5-7 YRS)	KIDS (8-10 YRS)	-	-	-
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



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