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# SCHEDULE - 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 6:40am Boxing Fitness Bootcamp	6:00am - 6:40am Boxing Fitness Bootcamp	6:00am - 6:40am Boxing Fitness Bootcamp	6:00am - 6:40am Boxing Fitness Bootcamp	6:00am - 6:40am Boxing Fitness Bootcamp	-
7:00am - 7:40am Boxing Fitness Bootcamp	7:00am - 7:40am Boxing Fitness Bootcamp	7:00am - 7:40am Boxing Fitness Bootcamp	7:00am - 7:40am Boxing Fitness Bootcamp	7:00am - 7:40am Boxing Fitness Bootcamp	-
4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	-	10:00am - 11:00am Open Mat/ Open Gym
5:30pm - 6:25pm Kickboxing	5:30pm - 6:25pm Boxing	5:30pm - 6:25pm Kickboxing	5:30pm - 6:25pm Boxing	5:30pm - 6:25pm Kickboxing	11:00am - 11:55am Kickboxing
6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	6:30pm - 8:00pm Grappling For MMA	6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	6:30pm - 8:00pm Grappling For MMA	6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	12:00pm - 1:00pm Kickboxing & MMA Sparring
-	8:00pm - 8:30pm MMA Sparring	-	8:00pm - 8:30pm MMA Sparring	-	-

### Adult Prices:

\$115/ Month - 12 Month Commitment  
 \$135/ Month - 6 Month Commitment  
 \$489 - 3 Month Commitment \*(1 Payment)

### Youth Prices\* (Ages 14 - 17):

\$105/ Month - 12 Month Commitment  
 \$125/ Month - 6 Month Commitment  
 \$459 - 3 Month Commitment \*(1 Payment)

### Children's Prices (\*Ages 8-13):

\$105/ Month - 6 Month Commitment

### Personal Training:

\$80/ Hour for CFC Gym Members.  
 \$100/ Hour for Non-CFC Gym Members.

*\*prices are subject to GST*