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# SCHEDULE - 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 7:15am Boxing Fitness Bootcamp	-	6:30am - 7:15am Boxing Fitness Bootcamp	-	6:30am - 7:15am Boxing Fitness Bootcamp	10:00am - 11:00am Open Mat/ Open Gym
11:30am - 12:30pm Kickboxing	-	11:30am - 12:30pm Kickboxing	-	11:30am - 12:30pm Kickboxing	10:00am - 10:55am Kids Grappling
4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	-	11:00am - 12:00pm Wrestling
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	12:00pm - 12:45pm Kickboxing
6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	6:30pm - 7:30pm Youth Boxing	6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	6:30pm - 7:30pm Youth Boxing	6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	12:45pm - 1:15pm Kickboxing & MMA Sparring
-	6:30pm - 8:00pm Grappling For MMA	-	6:30pm - 8:00pm Grappling For MMA	-	-
-	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*