

NO LIMITS WEEKLY MARTIAL ARTS & FITNESS TIMETABLE

BUY YOUR MEMBERSHIP ONLINE OR IN THE CENTRE

	MON	TUE	WED	THUR	FRI
09:00					
10:00	10:00 – CROSS TRAINING	10:00 – CROSS TRAINING	10:00 – CROSS TRAINING	10:00 – CROSS TRAINING	10:00 – CROSS TRAINING
11:00					
12:00					
13:00					
14:00					
15:00					
16:00	16:00 – KIDS KRAV MAGA (AGE 9+)			16:00 – KIDS KRAV MAGA (AGE 9+)	
17:00	17:00 – KIDS KRAV MAGA (U9)		17:00 – KIDS MIXED SPARRING	17:00 – KIDS KRAV MAGA (U9)	
18:00	18:30 – WOMEN ONLY KRAV MAGA	18:30 – ADULTS KRAV MAGA	18:30 – ADULTS KRAV MAGA	18:30 – ADULTS KRAV MAGA	
19:00					
20:00					
21:00					

PRICES

PAY AS YOU TRAIN

ADULTS - £5/CLASS

KIDS - £3/CLASS



OUR MONTHLY MEMBERSHIP

INCLUDES

ALL GROUP

CLASSES*

£50 - ADULTS



SCAN ME

PERSONAL TRAINING SESSIONS (60 MINS) CAN BE BOOKED WHENEVER A CLASS IS NOT ALLOCATED. PLEASE CALL US OR BOOK A SESSION ONLINE. 07469 173 457 // WWW.NOLIMITSMA.CO.UK

* FOR FULL MEMBERSHIP T&CS, PLEASE SEE OUR WEBSITE