

# PEAK FITNESS

## GX SCHEDULE NOVEMBER 2018

PEAK PERFORMANCE BLOCK - 30 MINS & PEAK FIGHT **PEAK FIGHT**  
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|           | 7 AM | 12.30 PM                                  | 1 PM | 6.35 PM                               | 7 PM   | 7.15 PM                       | 7.30 PM                                       |
|-----------|------|---|------|---------------------------------------|--|-------------------------------|---|
| MONDAY    |      |   |      |                                       | <b>PEAK FIGHT</b><br>***<br>MUAY THAI<br>AB  |                               |   |
| TUESDAY   |      |   |      | PEAK PERFORMANCE BLOCK<br>MYKE        |  |                               | <b>PEAK FIGHT</b><br>***<br>MMA FIT<br>NASRUL |
| WEDNESDAY |      | <b>PEAK FIGHT</b><br>***<br>X-FIGHT<br>AB |      |                                       | <b>PEAK FIGHT</b><br>***<br>BOXFIT<br>NASRUL |                               |   |
| THURSDAY  |      |   |      |                                       | <b>PEAK FIGHT</b><br>***<br>X-FIGHT<br>AB    | PEAK PERFORMANCE BLOCK<br>JON |   |
| FRIDAY    |      |   |      | PEAK PERFORMANCE BLOCK<br>JON / RAZIN | <b>PEAK FIGHT</b><br>***<br>KICKFIT<br>AB    |                               |   |
| SATURDAY  |      |   | 1 PM |                                       |  |                               |   |
| SUNDAY    |      |   |      |                                       |  |                               |   |