

| | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKTDIENA | SESTDIENA | SVĒTDIENA |
|---------------|---|---|---|---|---|--|--|
| 09:00 - 10:00 | | | | | | | JUNIORS+ADULTS FUNCTIONAL TRAINING |
| 10:00 - 11:20 | | | JUNIORS+ADULTS FUNCTIONAL TRAINING | | KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING | JUNIORS+ADULTS KICKBOXING + CROSS-TRAINING | |
| 10:00 - 11:20 | | | | | KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING | | |
| 15:30 - 17:00 | KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING | | KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING | | | | |
| 15:30 - 17:00 | KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING | | KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING | | | | |
| 16:30 - 18:00 | | KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING | | KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING | | | |
| 16:30 - 18:00 | | KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING | | KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING | | | |
| 17:15 - 18:00 | KIDS 3-4 KICKBOXING + FUNCTIONAL TRAINING | | KIDS 3-4 KICKBOXING + FUNCTIONAL TRAINING | | | | |
| 17:30 - 19:00 | | | | | BEGINNERS JUNIORS+ADULTS BOXING | | |
| 17:30 - 19:00 | | | | | ADULTS BOXING | | |
| 18:10 - 19:10 | KIDS 5-6 KICKBOXING + FUNCTIONAL TRAINING | | KIDS 5-6 KICKBOXING + FUNCTIONAL TRAINING | | | | |
| 18:10 - 19:45 | BEGINNERS JUNIORS+ADULTS BOXING | JUNIORS+ADULTS KICKBOXING/BOXING + CROSS-TRAINING | BEGINNERS JUNIORS+ADULTS BOXING | JUNIORS+ADULTS KICKBOXING/BOXING + CROSS-TRAINING | | | |
| 18:10 - 19:45 | ADULTS BOXING | | ADULTS BOXING | | | | |