

Spring / Summer Training

March

28 Mar Royal College 4-5.45pm
 30 Mar to August, Royal College closed for refurbishment

April

2, 9, 16, 23 No Training
 4, 11, 18 L8 Union 4.30-6.30pm
 25 L8 Union 4.30-5.30pm

May

7, 14, 21, 28 No Training
 2, 9, 16, 23, 30 L8 Union 4.30-5.30pm

June-August

No Training on Strathclyde Campus



Alternative Training

The Griphouse – 20mins walk

<http://www.thegriphouse.co.uk>

All welcome. £6 per class. Memberships available.

Classes every day during the week. Full timetable -

<http://www.thegriphouse.co.uk/whatson.html>

Suggest :

- Mon 6-7pm Muay Thai fundamentals
- Mon 7-8pm sparring.
- Wed 6-7pm Muay Thai fundamentals

Caledonian Uni – 5mins walk

All welcome. 50p entry. £5 per class.

- Wed 8-9pm
- Fri 4-6pm
- Sun 12-1pm

