



BOXING SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:30	BOXING 7:15am - 8:15am	BOXING 7:15am - 8:15am		BOXING 7:15am - 8:15am			CLOSED
07:30 - 08:15							
08:15 - 08:30							
08:30 - 09:00					BOXING 8:30am - 9:30am		
09:00 - 09:30	LADIES CLASS 9:15am - 10:15am	BOXING 9:15am - 10:15am	LADIES CLASS 9:15am - 10:15am	BOXING 9:15am - 10:15am		LADIES CLASS 9:15am - 10:15am	
09:30 - 10:00							
10:00 - 10:30			BOXING 10:15am - 11:15am		BOXING 10:15am - 11:15am	JUNIOR ACADEMY 10:45am - 11:45am	
10:30 - 11:00							
11:00 - 11:30							
11:30 - 12:00		CONDITIONING 11:30am - 12pm		CONDITIONING 11:30am - 12pm		BOXING 11:45am - 12:45pm	
12:00 - 12:30	BOXING 12pm - 1pm	BOXING 12pm - 1pm	POWER PADS 12pm - 1pm	BOXING 12pm - 1pm	BOXING 12pm - 1pm		
12:30 - 13:00							
13:00 - 15:00						SPARRING 1pm - 2pm	
15:00 - 16:15						CLOSED	
16:15 - 16:45			JUNIOR ACADEMY 4:15pm - 5:15pm		JUNIOR ACADEMY 4:15pm - 5:15pm		
16:45 - 17:15							
17:15 - 17:45	POWER PADS 5:15pm - 6:15pm	BOXING 5:15pm - 6:15pm	BOXING 5:15pm - 6:15pm	BOXING 5:15pm - 6:15pm	BOXING 5:15pm - 6:15pm		
17:45 - 18:15							
18:15 - 18:45	BOXING 6:15pm - 7:15pm	BOXING 6:15pm - 7:15pm	BOXING 6:15pm - 7:15pm	TECHNIQUE & SKILLWORK 6:15pm - 7:15pm			CLOSED
18:45 - 19:15							
19:15 - 19:45	BOXING 7:15pm - 8:15pm	BOXING 7:15pm - 8:15pm	BOXING 7:15pm - 8:15pm	BOXING 7:15pm - 8:15pm	COACH & MEMBER TRAINING 6:30pm - 8pm		
19:45 - 20:15							
20:15 - 20:45	TECHNIQUE & SKILLWORK 8:15pm - 9:15pm	BOXING 8:15pm - 9:15pm	BOXING 8:15pm - 9:15pm	POWER PADS 8:15pm - 9:15pm			
20:45 - 21:15							
21:15 - 22:00							

NOTES

Class will start on time. Anyone more than 10 minutes late will be unable to partake in a class.



MUAY THAI SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15 - 08.15			MUAY THAI TECHNIQUE 7.15am - 8.15am		MUAY THAI CONDITIONING 7.15am - 8.15am		CLOSED
07.00 - 09.30							
09.30 - 10.00							
10.00 - 10.30	MUAY THAI CONDITIONING 10am - 11am	MUAY THAI TECHNIQUE 10am - 11am	MUAY THAI CONDITIONING 10am - 11am	MUAY THAI TECHNIQUE 10am - 11am	MUAY THAI CONDITIONING 10am - 11am	MUAY THAI TECHNIQUE 10am - 11am	
10.30 - 11.00							
11.00 - 11.30						MUAY THAI CONDITIONING 11am - 12pm	
11.30 - 12.00							
12.00 - 12.30							
12.30 - 13.00	MUAY THAI TECHNIQUE 12.30pm - 1.30pm	MUAY THAI CONDITIONING 12.30pm - 1.30pm	DRILL / SPARRING 12.30pm - 1.30pm	MUAY THAI CONDITIONING 12.30pm - 1.30pm	MUAY THAI TECHNIQUE 12.30pm - 1.30pm		
13.00 - 13.30						SKILL / CONDITIONING (JUNIOR) 1pm - 2pm	
13.30 - 14.00							
14.00 - 15.00							
15.00 - 16.15							
16.15 - 16.45							
16.45 - 17.15		SKILL / MOBILITY (JUNIOR) 4.15pm - 5.15pm		DRILL / SPARRING (JUNIOR) 4.15pm - 5.15pm			
17.15 - 17.30							
17.30 - 18.00							
18.00 - 18.30	MUAY THAI CONDITIONING 5.30pm - 6.45pm	SPARRING / CLINCHING 5.30pm - 6.45pm	MUAY THAI CONDITIONING 5.30pm - 6.45pm	MUAY THAI TECHNIQUE 5.30pm - 6.45pm	MUAY THAI CONDITIONING 5.30pm - 6.45pm	CLOSED	
18.30 - 18.45							
18.45 - 19.00							
19.00 - 19.30	DRILL / SPARRING 6.45pm - 8pm	MUAY THAI CONDITIONING 6.45pm - 8pm	MUAY THAI TECHNIQUE 6.45pm - 8pm	MUAY THAI CONDITIONING 6.45pm - 8pm	COACH & MEMBER TRAINING 6.45pm - 8pm		
19.30 - 20.00							
20.00 - 20.30							
20.30 - 21.00	MUAY THAI CONDITIONING 8pm - 9.15pm	MUAY THAI TECHNIQUE 8pm - 9.15pm	MUAY THAI CONDITIONING 8pm - 9.15pm	SPARRING / CLINCHING 8pm - 9.15pm			
21.00 - 21.15							
21.15 - 22.00							

NOTES

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