



# 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		WHITE COLLAR BOXING 7.30am - 8.30am	CLOSED
07:30 - 08.15							
08.15 - 08.30							
08.30 - 09.00							
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	BOXING 8.30am - 9.30am	
09.30 - 10.00						BOXING 9.45am - 10.45am	
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							
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	POWER PADS 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	WHITE COLLAR BOXING 8.15pm - 9.15pm	BOXING 8.15pm - 9.15pm	WHITE COLLAR 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

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