



CLASS TIMETABLE



TIME / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00	MUAY THAI		MUAY THAI		MUAY THAI	ESKRIMA KALI - ARNIS	CLOSED
10:00 - 11:00	OPEN MAT		OPEN MAT		OPEN MAT	WEAPONS SPARRING (Members Only)	
11:00 - 12:00	EMERGENCY SELF-DEFENSE	WESTERN BOXING	EMERGENCY SELF-DEFENSE	WESTERN BOXING	EMERGENCY SELF-DEFENSE	WESTERN BOXING	
12:00 - 13:00	OPEN MAT	OPEN MAT					
13:00 - 14:00						YOUNG NAGAS KICKBOXING	
14:00 - 15:00		EMERGENCY SELF-DEFENSE		EMERGENCY SELF-DEFENSE		JUNIOR KICKBOXING	
15:00 - 16:00		OPEN MAT		OPEN MAT		OPEN MAT	
16:00 - 17:00							
17:00 - 18:00	MUAY THAI	YOUNG NAGAS KICKBOXING	MUAY THAI	YOUNG NAGAS KICKBOXING		CLOSED	
18:00 - 19:00	MMA	JUNIOR KICKBOXING	MMA	JUNIOR KICKBOXING	MUAY THAI MMA		
19:00 - 20:00		ESKRIMA KALI - ARNIS		ESKRIMA KALI - ARNIS	SPARRING (Members Only)		
20:00 - 20:30	CLOSED		CLOSED				



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