

Weekly class timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am – 11am Fighter’s class	9am – 11am Fighter’s class	9am – 11am Fighter’s class	9am – 11am Fighter’s class	9am – 11am Fighter’s class	9am – 10.15am Muay Thai ladies only	9am – 10.15am Junior Muay Thai (4-9 yrs old)
					10.30am – 12pm Adult Boxing	10.15am – 11.30am Junior Muay Thai (10- 15 yrs old)
						11.30am – 2pm Adult Muay Thai (All levels)
5pm – 6.15pm Junior Muay Thai (10 – 15 yrs old)	5pm – 6.15pm Junior Muay Thai (4-9 yrs old)	5pm – 6.15pm Junior Muay Thai (10-15 yrs old)	5pm – 6.15pm Junior Muay Thai (4-9 yrs old)			
				6pm – 7.15pm Muay Thai ladies only		
6.30pm – 7.45pm Adult MMA	6.30pm – 9pm Adult Muay Thai (All levels)	6.30pm – 7.45pm Muay Thai ladies only	6.30pm – 9pm Adult Muay Thai (All levels)	7.30pm – 8.45pm Adult MMA		
8pm – 9.30pm Adult Boxing		8pm – 9.30pm Adult Boxing				