

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
06:00 - 07:00				Muay Thai	
	Strength Squad	Blast and Burn	Strength Squad	Hyrox	Strength Squad
07:00 - 08:00	Boxing	Muay Thai	Boxing	Muay Thai	Boxing
	Strength Squad	Blast and Burn	Strength Squad	Hyrox	Strength Squad
12:30 - 13:30	Strength Squad	Blast and Burn	Strength Squad	Hyrox	Strength Squad
	Boxing	Muay Thai	Boxing	Muay Thai	Boxing
17:30 - 18:30	Strength Squad	Blast and Burn	Strength Squad	Hyrox	Strength Squad
18:30 - 19:30	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai
	Strength Squad	Blast and Burn	Strength Squad	Hyrox	Strength Squad
19:30 - 20:30	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai

	Saturday	Sunday
08:00 - 09:00	Weekend Warriors	
	Boxing	
09:00 - 10:00	Weekend Warriors	Weekend Warriors
	Boxing	Muay Thai
10:00 - 11:00	Weekend Warriors	Hyrox - 90min [10:15 - 11:45am]
	Boxing	Muay Thai
11:00 - 12:00	Boxing	Muay Thai
11:15 - 12:15	Recovery 25 min deep stretch + 25 min sauna & cold plunge	

Kids Muay Thai Class
Monday & Wednesday 17:00-17:45