

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:00		Muay Thai		Muay Thai			
06:30 - 07:30	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Weekend Warriors	
07:00 - 08:00	Boxing	Muay Thai	Boxing	Muay Thai	Boxing	Boxing	
07:30 - 08:30	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Weekend Warriors	Weekend Warriors
						Boxing	Muay Thai
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Weekend Warriors	Weekend Warriors
12:30 - 13:30	Boxing	Muay Thai	Boxing	Muay Thai	Boxing	Boxing	Muay Thai
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Boxing	Muay Thai
18:30 - 19:30	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai	Mobility	
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad		
19:30 - 20:30	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai		

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