

TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boxing/ kickboxing/ muay thai 05:00AM - 06:00AM	Boxing/ kickboxing/ muay thai 05:00AM - 06:00AM	Boxing/ kickboxing/ muay thai 05:00AM - 06:00AM	Boxing/ kickboxing/ muay thai 05:00AM - 06:00AM	Boxing/ kickboxing/ muay thai 05:00AM - 06:00AM	Pure Boxing Classes 08:00AM - 09:00AM
Pad holding 06:00AM - 10:00AM 02:00PM - 07:00PM	Pad holding 06:00AM - 10:00AM 02:00PM - 07:00PM	Pad holding 06:00AM - 10:00AM 02:00PM - 07:00PM	Pad holding 06:00AM - 10:00AM 02:00PM - 07:00PM	Pad holding 06:00AM - 10:00AM 02:00PM - 07:00PM	Supervised Sparring 09:00AM - 11:00AM
	Kids Classes 04:00PM - 04:45PM	Supervised Sparring 03:00PM - 07:00PM	Kids Classes 04:00PM - 04:45PM		
Female Only Class 05:30PM - 06:30PM	Female Only Class 05:30PM - 06:30PM	Female Only Class 05:30PM - 06:30PM	Female Only Class 05:30PM - 06:30PM		
Brazilian Jiu-Jitsu 06:00PM - 07:30PM	Authentic Thai Boxing 06:30PM - 07:30PM	Brazilian Jiu-Jitsu 06:00PM - 07:30PM	Authentic Thai Boxing 06:30PM - 07:30PM		
Pure Boxing Classes 07:30PM - 08:30PM	Pure Boxing Classes 07:30PM - 08:30PM	Pure Boxing Classes 07:30PM - 08:30PM	Pure Boxing Classes 07:30PM - 08:30PM	Pure Boxing Classes 07:30PM - 08:30PM	