



CORPORATE BOX VALLEY GYM

LEVEL 3, 217 BRUNSWICK STREET, FORTITUDE VALLEY, QLD, 4006

PH (07) 3357 7103

VALLEY@CORPORATEBOXGYM.COM.AU

WWW.CORPORATEBOXGYM.COM.AU

CLASS / PADS / SPARRING TIMETABLE

GYM OPENING HOURS:

MON - FRI: 5.00AM - 8.00PM

SAT: 6.00AM - 12.00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 5.00AM - 7.45AM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 5.00AM - 6.15AM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 5.00AM - 7.45AM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 5.00AM - 6.15AM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 5.00AM - 7.45AM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 6.00AM - 7.00AM
	CBV BOOTCAMP 6.15AM - 7.00AM		CBV BOOTCAMP 6.15AM - 7.00AM		CBV BOOTCAMP 7.00AM - 8.00AM
1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 12.00PM - 1.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 12.00PM - 1.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 12.00PM - 1.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 12.00PM - 1.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 12.00PM - 1.00PM	
1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 3.00PM - 5.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 3.00PM - 5.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 3.00PM - 5.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 3.00PM - 5.00PM	1 ON 1 PAD ROUNDS BOXING KICKBOXING MUAY THAI ALL LEVELS 3.00PM - 5.00PM	
BOXING CLASS ALL LEVELS 5.30PM - 6.15PM	MUAY THAI CLASS ALL LEVELS 5.45PM - 6.30PM	BOXING CLASS ALL LEVELS 5.30PM - 6.15PM	MUAY THAI CLASS ALL LEVELS 5.45PM - 6.30PM	MUAY THAI & BOXING CLASS ALL LEVELS ADVANCED SPARRING 5.45PM - 6.30PM	
MMA CLASS ALL LEVELS 6.15PM - 7.15PM	BOXING CLASS ALL LEVELS 6.30PM-7.15PM	MMA CLASS ALL LEVELS 6.15PM - 7.15PM	BOXING CLASS ALL LEVELS 6.30PM-7.15PM	MUAY THAI & BOXING CLASS ALL LEVELS ADVANCED SPARRING 6.30PM - 7.15PM	
MUAY THAI CLASS ALL LEVELS 7.15PM - 8.00PM	MUAY THAI CLASS ALL LEVELS 7.15PM - 8.00PM	MUAY THAI CLASS ALL LEVELS 7.15PM - 8.00PM	MUAY THAI CLASS ALL LEVELS 7.15PM - 8.00PM		