

# GYM CLASS / PADS / SPARRING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>INTENSIVE STRENGTH &amp; CONDITIONING CIRCUIT CLASS</b> 5.30AM - 6.00AM	<b>BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 5.30AM - 6.30AM	<b>BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 5.30AM - 6.30AM	<b>BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 5.30AM - 6.30AM	<b>BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 5.30AM - 6.30AM	<b>SUPERVISED SPARRING</b> 8.00AM - 10.00AM
<b>PADS</b> 6.00AM - 9.30AM	<b>PADS</b> 6.00AM - 9.30AM	<b>PADS</b> 6.00AM - 9.30AM	<b>PADS</b> 6.00AM - 9.30AM	<b>PADS</b> 6.00AM - 9.30AM	<b>PURE BOXING CLASS</b> 8.00AM - 9.00AM
<b>SHAGGY'S BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 2.00PM - 3.00PM		<b>SHAGGY'S BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 2.00PM - 3.00PM	<b>SHAGGY'S BOXING/ KICKBOXING/ MUAY THAI CLASS</b> 2.00PM - 3.00PM		
<b>FEMALE FIGHT &amp; FIT CLASS</b> 5.45PM - 6.30PM	<b>FEMALE FIGHT &amp; FIT CLASS</b> 5.45PM - 6.30PM	<b>FEMALE FIGHT &amp; FIT CLASS</b> 5.45PM - 6.30PM	<b>FEMALE FIGHT &amp; FIT CLASS</b> 5.45PM - 6.30PM		
<b>PURE BOXING CLASS</b> 5.45PM - 6.45PM		<b>PURE BOXING CLASS</b> 5.45PM - 6.45PM		<b>FIGHT PREP CLASS</b> 5.00PM - 6.00PM	
<b>BJJ CLASS</b> 6.00PM - 7.30PM	<b>MMA/ WRESTLING CLASS</b> 5.30PM - 6.30PM <b>BJJ CLASS</b> 6.30PM - 7.30PM	<b>BJJ CLASS</b> 6.00PM - 7.30PM	<b>MMA/ WRESTLING CLASS</b> 5.30PM - 6.30PM <b>BJJ CLASS</b> 6.30PM - 7.30PM	<b>BJJ CLASS</b> 6.00PM - 7.30PM	
<b>PADS</b> 10.00AM - 7.30PM	<b>PADS</b> 10.00AM - 7.30PM	<b>SUPERVISED SPARRING</b> 2.30PM - 7.30PM	<b>PADS</b> 10.00AM - 7.30PM	<b>PADS</b> 2.30PM - 7.30PM	