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GYM CLASS / PADS / SPARRING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	BOXING/ MUAY THAI CLASS 5.30AM - 6.30AM	SUPERVISED SPARRING 8.00AM - 10.00AM
PADS 6.30AM - 8.30AM	PADS 6.30AM - 8.30AM	PADS 6.30AM - 8.30AM	PADS 6.30AM - 8.30AM	PADS 6.30AM - 8.30AM	
PADS 3.30PM - 4.30PM	PADS 3.30PM - 4.30PM	PADS 3.30PM - 4.30PM	PADS 3.30PM - 4.30PM	PADS 3.30PM - 4.30PM	
BOXING/ MUAY THAI CLASS 4.30PM - 5.30PM	BOXING/ MUAY THAI CLASS 4.30PM - 5.30PM	BOXING/ MUAY THAI CLASS 4.30PM - 5.30PM	BOXING/ MUAY THAI CLASS 4.30PM - 5.30PM	BOXING/ MUAY THAI CLASS 4.30PM - 5.30PM	
BOXING/ MUAY THAI CLASS 6.00PM - 7.00PM	BOXING/ MUAY THAI CLASS 6.00PM - 7.00PM	BOXING/ MUAY THAI CLASS 6.00PM - 7.00PM	BOXING/ MUAY THAI CLASS 6.00PM - 7.00PM	BOXING/ MUAY THAI CLASS 6.00PM - 7.00PM	