



CORPORATE BOX GYM FORTITUDE VALLEY
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GYM CLASS / PADS / SPARRING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 5.00AM - 7.45AM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 5.00AM - 6.15AM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 5.00AM - 7.45AM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 5.00AM - 6.15AM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 5.00AM - 7.45AM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 6.00AM - 7.00AM
	CBV BOOT CAMP 6.15AM - 7.00AM		CBV BOOT CAMP 6.15AM - 7.00AM		CBV BOOT CAMP 7.00AM - 8.00AM
ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 12.00PM - 1.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 12.00PM - 1.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 12.00PM - 1.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 12.00PM - 1.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 12.00PM - 1.00PM	
ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 3.00PM - 5.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 3.00PM - 5.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 3.00PM - 5.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 3.00PM - 5.00PM	ONE-ON-ONE PADS BOXING KICK BOXING MUAY THAI 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 7.00PM - 8.00PM	MUAY THAI CLASS ALL LEVELS 7.15PM - 8.00PM	MUAY THAI CLASS ALL LEVELS 7.00PM - 8.00PM		