

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>EXPRESS MORNING FITNESS</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.15 AM	<b>MUMS GROUP</b> INTENSIVE FITNESS/ COMBAT CLASS 10.00 AM - 11.00 AM	<b>EXPRESS MORNING FITNESS</b> BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.15 AM		<b>PURE BOXING</b> TECHNIQUE & SPARRING 8.00 AM - 9.00AM
<b>PADS WITH TEAM THAI</b> 6.00 AM - 10.00 AM	<b>PADS WITH TEAM THAI</b> 6.00 AM - 10.00 AM	<b>PADS WITH TEAM THAI</b> 6.00 AM - 10.00 AM	<b>PADS WITH TEAM THAI</b> 6.00 AM - 10.00 AM	<b>PADS WITH TEAM THAI</b> 6.00 AM - 10.00 AM	<b>SUPERVISED SPARRING WITH TEAM THAI</b> 9.00 AM - 11.00 AM
<b>PURE BOXING</b> TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM	<b>AUTHENTIC THAI</b> TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM	<b>AUTHENTIC THAI</b> TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM		
<b>PADS WITH TEAM THAI</b> 2.00 PM - 7.00 PM	<b>PADS WITH TEAM THAI</b> 2.00 PM - 7.00 PM	<b>SUPERVISED SPARRING WITH TEAM THAI</b> 3.00 PM - 7.00 PM	<b>PADS WITH TEAM THAI</b> 2.00 PM - 7.00 PM	<b>PADS WITH TEAM THAI</b> 2.00 PM - 7.00 PM	
<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 4.45 PM - 5.30 PM			<b>BJJ/ MMA WRESTLING</b> TECHNIQUE & SPARRING KIDS EDITION 4.45 PM - 5.30 PM		
<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.30 PM - 6.30 PM	<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.30 PM - 6.30 PM	<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.30 PM - 6.30 PM	<b>FEMALE FIGHT N FIT</b> INTENSIVE FITNESS/ COMBAT CLASS 5.30 PM - 6.30 PM		
<b>BJJ TECHNIQUE</b> 6.00 PM - 7.30 PM		<b>BJJ TECHNIQUE</b> 6.00 PM - 7.30 PM			
<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.30 PM - 7.30 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.30 PM - 7.30 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.30 PM - 7.30 PM	<b>PURE BOXING</b> TECHNIQUE & SPARRING 6.30 PM - 7.30 PM		

**STAFF HOURS**

**MON - FRI**  
**6.00 AM - 10.00 AM**  
**MON - THUR**  
**2.00 PM - 7.30 PM**