

TIMETABLE



EAST BRISBANE | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING CLASS Technique & Fitness 5:30AM - 6:10AM	FITNESS CLASS Strength & Conditioning 5:30AM - 6:10AM	BOXING CLASS Technique & Fitness 5:30AM - 6:10AM	FITNESS CLASS Strength & Conditioning 5:30AM - 6:10AM	BOXING CLASS Technique & Fitness 5:30AM - 6:10AM	
ONE-ON-ONE BOXING & MUAY THAI PADS 6:00AM - 9:00AM					
BOXING CLASS Technique & Fitness 7:00AM - 7:40AM	FITNESS CLASS Strength & Conditioning 7:00AM - 7:40AM	BOXING CLASS Technique & Fitness 7:00AM - 7:40AM	FITNESS CLASS Strength & Conditioning 7:00AM - 7:40AM	BOXING CLASS Technique & Fitness 7:00AM - 7:40AM	SATURDAY MORNING BOOTCAMP Boxing, Strength & Conditioning 8:00AM - 8:45AM
Unstaffed from 9am - 3pm					
KIDS CLASS 8-12yrs Boxing, Fitness & Confidence Building 4:00PM - 4:40PM	TEENS BOXING 13-17yrs Boxing Technique & Sparring 4:00PM - 4:40PM	KIDS CLASS 8-12yrs Boxing, Fitness & Confidence Building 4:00PM - 4:40PM	TEENS BOXING 13-17yrs Boxing Technique & Sparring 4:00PM - 4:40PM	SPARRING BOXING & MUAY THAI SUPERVISED SPARRING *All new members and first time sparrer's must discuss attending with Coach Clayton 4:00PM - 6:00PM	
MUAY THAI All Levels - Skills & Drills 5:00PM - 5:45PM	FITNESS CLASS Strength & Conditioning 5:00PM - 5:30PM	MUAY THAI All Levels - Skills & Drills 5:00PM - 5:45PM	FITNESS CLASS Strength & Conditioning 5:00PM - 5:30PM		
	BOXING HIIT High Intensity Training 5:45PM - 6:15PM		BOXING HIIT High Intensity Training 5:45PM - 6:15PM		
BOXING Technique & Sparring 6:00PM - 6:45PM	BOXING Technique & Sparring 6:15PM - 6:45PM	BOXING Technique & Sparring 6:00PM - 6:45PM	BOXING Technique & Sparring 6:15PM - 6:45PM		
ONE-ON-ONE BOXING & MUAY THAI PADS 3:00PM - 7:00PM					
STAFFED HOURS Monday - Friday					
5:30AM - 9:00AM 3:00PM - 7:00PM	5:30AM - 9:00AM 3:00PM - 7:00PM	5:30AM - 9:00AM 3:00PM - 7:00PM	5:30AM - 9:00AM 3:00PM - 7:00PM	5:30AM - 9:00AM 3:00PM - 6:00PM	