

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
07:15 AM - 08:15 AM	BOXING MUAY THAI	BOXING MUAY THAI	BOXING MUAY THAI	BOXING MUAY THAI	BOXING MUAY THAI	OPEN GYM			
08:00 AM - 09:00 AM	OPEN GYM							BOXING	COMBAT FIT
08:30 AM - 10:00 AM								MUAY THAI	
09:00 AM - 10:00 AM								BOXING	BOXING MUAY THAI
09:30 AM - 10:30 AM	BOXING MUAY THAI	FEMME FATALE BOXING/MUAY THAI	BOXING MUAY THAI	FEMME FATALE BOXING/MUAY THAI	BOXING MUAY THAI				
10:00 AM - 10:45 AM	OPEN GYM						JUNIOR MUAY THAI		
11:00 AM - 11:45 AM						JUNIOR BOXING JUNIOR MUAY THAI	JUNIOR BOXING		
12:00 PM - 01:00 PM						BOXING	GYM OPEN TILL 12:00 PM		
						MUAY THAI			
12:15 PM - 01:00 PM	RUSH HOUR (BOXING/MUAY THAI/FITNESS)	RUSH HOUR (BOXING/MUAY THAI/FITNESS)	RUSH HOUR (BOXING/MUAY THAI/FITNESS)	RUSH HOUR (BOXING/MUAY THAI/FITNESS)	RUSH HOUR (BOXING/MUAY THAI/FITNESS)	GYM OPEN TILL 03:00 PM	OPENING HOURS: WEEKDAYS 07:00 AM - 10:00 PM SATURDAY 08:00 AM - 03:00 PM SUNDAY 08:00 AM - 12:00 PM SCHOOL OF BOXING - FOCUSED ON BASIC TECHNIQUES - FIGHT TEAM CLASSES ARE ONLY FOR SELECTED FIGHTERS ONLY FEMME FATALE - LADIES ONLY CLASS JUNIOR - FOR CHILDREN AGED 8 TO 14 BIG BROTHER PROGRAMME - SPECIAL CLASS BOXING + MUAY THAI - UNIFIED CLASS		
03:00 PM - 05:00 PM					BIG BROTHER PROGRAMME				
04:30 PM - 05:30 PM		JUNIOR MUAY THAI	JUNIOR BOXING						
05:30 PM - 06:30 PM	BOXING	BOXING MUAY THAI	BOXING	BOXING MUAY THAI	BOXING				
06:00 PM - 07:30 PM	MUAY THAI		MUAY THAI		MUAY THAI				
06:30 PM - 07:30 PM	BOXING	BOXING + MUAY THAI	BOXING	BOXING + MUAY THAI	SPARRING CLASS (TILL 9:00PM) (BOXING)				
07:30 PM - 08:15 PM		TR CIRCUIT		TR CIRCUIT					
07:30 PM - 08:30 PM	SCHOOL OF BOXING		SPARRING CLASS (BOXING)		SPARRING CLASS (MUAY THAI)				
07:30 PM - 09:00 PM	MUAY THAI		MUAY THAI						
	SCHOOL OF BOXING (FIGHT TEAM)		SCHOOL OF BOXING (FIGHT TEAM)						
08:00 PM - 09:00 PM									
08:15 PM - 09:00 PM		SCHOOL OF BOXING MUAY THAI TECH		SCHOOL OF BOXING MUAY THAI CLINCHING					
	GYM OPEN TILL 10:00 PM								