

TIMETABLE

MONDAY

PRIMARY THAI - ALL LEVELS 5:30PM

ADULT THAI - BEGINNERS 6:30PM

FIGHTERS - CLINCHING 6:30PM

ADULT THAI - FIGHTERS 7:30PM

TUESDAY

PAD BLAST - FITNESS 10:30AM

SECONDARY THAI - ALL LEVELS 6PM

ADULT BOXING - ALL LEVELS 7PM

WEDNESDAY

PRIMARY THAI - ALL LEVELS 5:30PM

ADULT THAI - ALL LEVELS 6:30PM

THURSDAY

PAD BLAST - FITNESS 10:30AM

SECONDARY THAI - ALL LEVELS 6PM

ADULT BOXING - ALL LEVELS 7PM

FRIDAY

BOOMBOX - FITNESS 6PM

OPEN MAT 7PM

SATURDAY

JUNIOR THAI - ALL LEVELS 10AM

ADULT THAI - BEGINNERS 11AM

ADULT THAI - FIGHTERS SPARRING 12PM

JANUARY 2022



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