



APEX MUAY THAI

AUG 2023 CLASS TIMETABLE

MONDAY

KIDS CLASS: AGE 8 - 11 YRS	17:00 - 18:00
MUAY THAI	18:00 - 19:00
MUAY THAI/BOXEN	19:00 - 20:30

TUESDAY

KIDS CLASS: AGE 5 - 7 YRS	16:15 - 17:00
KIDS CLASS: AGE 8 - 11 YRS	17:00 - 18:00
BOXEN	18:00 - 19:00
MUAY THAI	19:00 - 20:30

WEDNESDAY

KIDS CLASS: AGE 8 - 11 YRS	17:00 - 18:00
MUAY THAI	18:00 - 19:00
MUAY THAI/BOXEN	19:00 - 20:30

THURSDAY

KIDS CLASS: AGE 5 - 7 YRS	16:15 - 17:00
KIDS CLASS: AGE 8 - 11 YRS	17:00 - 18:00
BOXEN	18:00 - 19:00
MUAY THAI	19:00 - 20:30

FRIDAY

MUAY THAI/BOXEN CLASS + SPARRING	18:30 - 20:00
(Sparring Optional - all levels welcome)	

SATURDAY

MUAY THAI/BOXEN CLASS	10:00 - 11:30
(All levels welcome)	