



APEX MUAY THAI

NOV 2022 CLASS TIMETABLE

MONDAY

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

WEDNESDAY

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

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

SATURDAY

MUAY THAI 09:00 - 10:30