



APEX MUAY THAI CLASS TIMETABLE

MONDAY	OPEN CLASS	09:00 - 10:00
	KIDS CLASS: AGE 8 - 11 YRS	16:00 - 16:45
	BOXEN / KICKBOXEN	18:00 - 19:00
	MUAY THAI	19:00 - 20:30

TUESDAY	OPEN CLASS	06:00 - 07:00
	KIDS CLASS: AGE 5 - 7 YRS	15:30 - 16:00
	KIDS CLASS: AGE 8 - 11 YRS	16:00 - 16:45
	BOXEN / KICKBOXEN	18:00 - 19:00
	MUAY THAI	19:00 - 20:30

WEDNESDAY	OPEN CLASS	09:00 - 10:00
	KIDS CLASS: AGE 8 - 11 YRS	16:00 - 16:45
	BOXEN / KICKBOXEN	18:00 - 19:00
	MUAY THAI	19:00 - 20:30

THURSDAY	OPEN CLASS	06:00 - 07:00
	KIDS CLASS: AGE 5 - 7 YRS	15:30 - 16:00
	KIDS CLASS: AGE 8 - 11 YRS	16:00 - 16:45
	BOXEN / KICKBOXEN	18:00 - 19:00
	MUAY THAI	19:00 - 20:30

FRIDAY	OPEN CLASS	18:00 - 19:00
	(mix: muay thai/kickboxen/boxen)	
	SPARRING (all levels)	19:00 - 20:00

SATURDAY	MUAY THAI	08:30 - 10:00
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