



# APEX MUAY THAI

## JAN 2023 CLASS TIMETABLE

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

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

### SATURDAY

MUAY THAI	<b>09:00 - 10:30</b>
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