



APEX MUAY THAI

SEP 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

MUAY THAI / BOXEN	06:00 - 07:00
KIDS CLASS: AGE 5 - 7 YRS	16:15 - 17:00
KIDS CLASS: AGE 8 - 11 YRS	17:00 - 18:00
MUAY THAI / BOXEN	18:00 - 19:00
BRAZILIAN JIU-JITSU (BJJ) / GRAPPLING	19:00 - 20:30
no Gi. All levels welcome	

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

MUAY THAI / BOXEN	06:00 - 07:00
KIDS CLASS: AGE 5 - 7 YRS	16:15 - 17:00
KIDS CLASS: AGE 8 - 11 YRS	17:00 - 18:00
MUAY THAI / BOXEN	18:00 - 19:00
BRAZILIAN JIU-JITSU (BJJ) / GRAPPLING	19:00 - 20:30
no Gi. All levels welcome	

FRIDAY

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

SATURDAY

MUAY THAI	09:00 - 10:30
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