



APEX MUAY THAI CLASS TIMETABLE

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

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| TUESDAY | MUAY THAI | 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 |

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

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| THURSDAY | MUAY THAI | 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 |

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

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| SATURDAY | MUAY THAI | 08:30 - 10:00 |
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