

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

COMING SOON 7.30am - 8.30am	COMING SOON 7.30am - 8.30am	COMING SOON 7.30am - 8.30am
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Personal Training	Personal Training	Personal Training	Personal Training
COMING SOON 11am - 12noon	COMING SOON 11am - 12noon	COMING SOON 11am - 12noon	COMING SOON 11am - 12noon
Muay Thai 12noon - 1pm	Muay Thai 12noon - 1pm	Muay Thai 12noon - 1pm	Muay Thai 12noon - 1pm
Personal Training	Personal Training	Personal Training	Personal Training
Muay Thai 5.15pm - 6.30pm	Muay Thai 5.15pm - 6.30pm	Muay Thai 5.15pm - 6.30pm	Muay Thai 5.15pm - 6.30pm
Muay Thai 6.30pm - 7.45pm	Muay Thai 6.30pm - 7.45pm	Muay Thai 6.30pm - 7.45pm	Muay Thai 6.30pm - 7.45pm
Pads + Bags 7.45pm - 8.45pm	Muay Thai 7.45pm - 8.45pm	Pads + Bags 7.45pm - 8.45pm	Muay Thai 7.45pm - 8.45pm

Fighter By Invitation 7.30am - 10.30am	Fighter By Invitation 7.30am - 10.30am
Muay Thai 10am - 11.30pm	Muay Thai 10am - 11.30pm
Muay Thai 12.30pm - 2pm	Muay Thai 12.30pm - 2pm
Fighter By Invitation 3pm - 5.30pm	Fighter By Invitation 3pm - 5.30pm