

CORPORATE



IPSWICH
GYM CLASS | PADS | SPARRING

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EXPRESS MORNING FITNESS BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.15 AM		EXPRESS MORNING FITNESS BOXING/ MUAY THAI/ KICKBOXING CLASS 5.30 AM - 6.15 AM		FITNESS CLASS STRENGTH & CONDITIONING 8.00 AM - 9.00 AM
PADS WITH TEAM THAI 6.00 AM - 10.00 AM	PADS WITH TEAM THAI 6.00 AM - 10.00 AM	PADS WITH TEAM THAI 6.00 AM - 10.00 AM	PADS WITH TEAM THAI 6.00 AM - 10.00 AM	PADS WITH TEAM THAI 6.00 AM - 10.00 AM	
FITNESS CLASS STRENGTH & CONDITIONING 9.15 AM - 10.00 AM		MUMS GROUP INTENSIVE FITNESS/ COMBAT CLASS 10.00 AM - 11.00 AM			
PURE BOXING TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM	AUTHENTIC THAI TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM	PURE BOXING TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM	AUTHENTIC THAI TECHNIQUE & SPARRING KIDS EDITION 4.00 PM - 4.45 PM		
	FITNESS CLASS STRENGTH & CONDITIONING 4.45 PM - 5.30 PM		FITNESS CLASS STRENGTH & CONDITIONING 4.45 PM - 5.30 PM		
AUTHENTIC THAI TECHNIQUE & SPARRING 5.00 PM - 6.00 PM	FEMALE FIGHT N FIT INTENSIVE FITNESS/ COMBAT CLASS 5.30 PM - 6.30 PM	AUTHENTIC THAI TECHNIQUE & SPARRING 5.00 PM - 6.00 PM	FEMALE FIGHT N FIT INTENSIVE FITNESS/ COMBAT CLASS 5.30 PM - 6.30 PM		
PADS WITH TEAM THAI 2.00 PM - 7.00 PM	PADS WITH TEAM THAI 2.00 PM - 7.00 PM	PADS WITH TEAM THAI 2.00 PM - 7.00 PM	PADS WITH TEAM THAI 2.00 PM - 7.00 PM	SUPERVISED SPARRING COMPULSORY FOR ALL FIGHTERS 3.00 PM - 6.00 PM	
BJJ TECHNIQUE 6.00 PM - 7.30 PM	BJJ/ MMA WRESTLING TECHNIQUE & SPARRING KIDS EDITION 4.45 PM - 5.30 PM	BJJ TECHNIQUE 6.00 PM - 7.30 PM	BJJ/ MMA WRESTLING TECHNIQUE & SPARRING KIDS EDITION 4.45 PM - 5.30 PM		
PURE BOXING TECHNIQUE & SPARRING 6.30 PM - 7.30 PM	PURE BOXING TECHNIQUE & SPARRING 6.30 PM - 7.30 PM	PURE BOXING TECHNIQUE & SPARRING 6.30 PM - 7.30 PM	PURE BOXING TECHNIQUE & SPARRING 6.30 PM - 7.30 PM		

STAFF HOURS

MON - FRI

6.00 AM - 10.00 AM

MON - THUR

2.00 PM - 7.30 PM