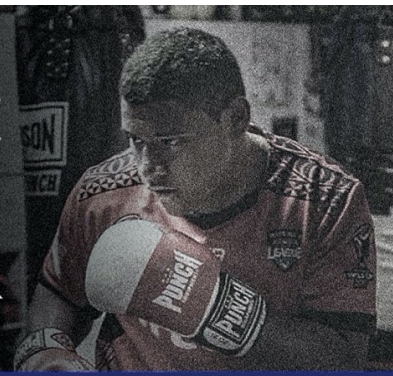


TIMETABLE

CORPORATE BOX



EAST BRISBANE | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BOXING HIIT High Intensity Training 5:30AM – 6:00AM	FITNESS CLASS Strength & Conditioning 5:30AM – 6:00AM	BOXING HIIT High Intensity Training 5:30AM – 6:00AM		
ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:30AM	STRENGTH & CONDITIONING BOOTCAMP 9:00AM – 10:00AM
 KIDS CLASS Boxing / Muay Thai Technique & Sparring 4:00PM – 4:40PM		 KIDS CLASS Boxing / Muay Thai Technique & Sparring 4:00PM – 4:40PM			
		WEIGHTS CIRCUIT CLASS Strength & Conditioning 4:30PM – 5:15PM			
PURE BOXING & FITNESS Technique & Sparring 5:30PM – 6:30PM	PURE BOXING & FITNESS Technique & Sparring 5:30PM – 6:30PM	PURE BOXING & FITNESS Technique & Sparring 5:30PM – 6:30PM	PURE BOXING & FITNESS Technique & Sparring 5:30PM – 6:30PM		
	AUTHENTIC MUAY THAI Technique & Sparring 6:30PM – 7:30PM		AUTHENTIC MUAY THAI Technique & Sparring 6:30PM – 7:30PM		
ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 3:00PM – 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 3:00PM – 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 3:00PM – 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 3:00PM – 7:00PM	SUPERVISED SPARRING & PADS All Levels 3:00PM – 6:00PM	

STAFF HOURS

6:00AM – 9:30AM	5:30AM – 9:30AM	5:30AM – 9:30AM	5:30AM – 9:30AM	6:00AM – 9:30AM	9:00AM – 10:00AM
3:00PM – 7:00PM	3:00PM – 7:00PM	3:00PM – 7:00PM	3:00PM – 7:00PM	3:00PM – 6:00PM	