

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	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 – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min rest 6:00AM – 9:00AM	STRENGTH & CONDITIONING BOOTCAMP Strength & Conditioning 8:00AM – 9:00AM
BOXING HIIT High Intensity Training 9:00AM – 9:30AM	FITNESS CLASS Strength & Conditioning 9:00AM – 9:30AM	BOXING HIIT High Intensity Training 9:00AM – 9:30AM	FITNESS CLASS Strength & Conditioning 9:00AM – 9:30AM	BOXING HIIT High Intensity Training 9:00AM – 9:30AM	 KIDS CLASS Boxing / Muay Thai Technique & Sparring 10:00AM - 11:00AM
 KIDS CLASS Boxing / Muay Thai Technique & Sparring 4:00PM – 4:40PM		 KIDS CLASS Boxing / Muay Thai Technique & Sparring 4:00PM – 4:40PM		SUPERVISED BOXING & MUAY THAI SPARRING & PADS All Levels 4:00PM – 6:00PM	
EXPRESS MUAY THAI High Intensity Training 5:30PM – 6:00PM	EXPRESS BOXING HIIT High Intensity Training 5:30PM – 6:00PM	EXPRESS MUAY THAI High Intensity Training 5:30PM – 6:00PM	EXPRESS BOXING HIIT High Intensity Training 5:30PM – 6:00PM		
AUTHENTIC MUAY THAI Technique & Sparring 6:00PM – 6:30PM	PURE BOXING Technique & Sparring 6:00PM – 6:30PM	AUTHENTIC MUAY THAI Technique & Sparring 6:00PM – 6:30PM	PURE BOXING Technique & Sparring 6:00PM – 6:30PM		
ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min res 3:00PM – 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min res 3:00PM – 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min res 3:00PM – 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS 3x3min rounds w/ 1 min res 3:00PM – 7:00PM		

STAFF HOURS

5:30AM – 9:30AM	5:30AM – 9:30AM	5:30AM – 9:30AM	5:30AM – 9:30AM	5:30AM – 9:30AM	9:00AM – 11:00AM
3:00PM – 7:00PM	3:00PM – 7:00PM	3:00PM – 7:00PM	3:00PM – 7:00PM	3:00PM – 6:00PM	