

TIMETABLE

CORPORATE BOX



IPSWICH | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PURE STRENGTH CLASS Strength & Conditioning 9:15AM - 10:00AM	EXPRESS MORNING FITNESS Boxing / Muay Thai / Kickboxing Class 5:30AM - 6:15AM	PURE STRENGTH CLASS Strength & Conditioning 9:15AM - 10:00AM	EXPRESS MORNING FITNESS Boxing / Muay Thai / Kickboxing Class 5:30AM - 6:15AM	PURE STRENGTH CLASS Strength & Conditioning 9:15AM - 10:00AM	FITNESS CLASS Strength & Conditioning 8:00AM - 9:00AM
ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 6:00AM - 2:00PM	AUTHENTIC MUAY THAI Technique & Sparring 9:00AM - 9:45AM
AUTHENTIC MUAY THAI Technique & Sparring Kids Edition 5-10 Years 3:45PM - 4:15PM	FITNESS CLASS Strength & Conditioning Kids Edition 5-10 Years 3:45PM - 4:15PM	AUTHENTIC MUAY THAI Technique & Sparring Kids Edition 5-10 Years 3:45PM - 4:15PM	PURE BOXING Technique & Sparring Kids Edition 5-10 Years 3:45PM - 4:15PM		
AUTHENTIC MUAY THAI Technique & Sparring Kids Edition 11-16 Years 4:00PM - 4:45PM	FITNESS CLASS Strength & Conditioning Kids Edition 11-16 Years 4:00PM - 4:45PM	AUTHENTIC MUAY THAI Technique & Sparring Kids Edition 11-16 Years 4:00PM - 4:45PM	PURE BOXING Technique & Sparring Kids Edition 11-16 Years 4:00PM - 4:45PM	SUPERVISED SPARRING Kids Edition 4:30PM - 5:30PM	
	FITNESS CLASS Strength & Conditioning 4:45PM - 5:30PM		FITNESS CLASS Strength & Conditioning 4:45PM - 5:30PM		
AUTHENTIC MUAY THAI Technique & Sparring 5:00PM - 6:00PM		AUTHENTIC MUAY THAI Technique & Sparring 5:00PM - 6:00PM			
BJJ Technique 6:00PM - 7:30PM	PURE BOXING Technique & Sparring 5:30PM - 6:30PM	BJJ Technique 6:00PM - 7:30PM	PURE BOXING Technique & Sparring 5:30PM - 6:30PM		
ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS All day with Team Thai 6:00AM - 7:00PM	SUPERVISED SPARRING Compulsory For All Fighters 3:00PM - 6:00PM	

STAFF HOURS

6:00AM - 10:00AM	6:00AM - 10:00AM	6:00AM - 10:00AM	6:00AM - 10:00AM	6:00AM - 10:00AM	8:00AM - 9:00AM
3:00PM - 6:30PM	3:00PM - 6:30PM	3:00PM - 6:30PM	3:00PM - 6:30PM	3:00PM - 6:00PM	