

# TIMETABLE

# CORPORATE BOX



IPSWICH | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CLASS</b> Strength & Conditioning <b>9:15AM – 10:00AM</b>	<b>EXPRESS MORNING FITNESS</b> Boxing / Muay Thai / Kickboxing Class <b>5:30AM – 6:15AM</b>	<b>MUMS GROUP</b> Intensive Fitness/ Combat Class <b>10:00AM – 11:00AM</b>	<b>EXPRESS MORNING FITNESS</b> Boxing / Muay Thai / Kickboxing Class <b>5:30AM – 6:15AM</b>		<b>FITNESS CLASS</b> Strength & Conditioning <b>8:00AM – 9:00AM</b>
ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> with Team Thai <b>6:00AM – 2:00PM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>9:00AM – 9:45AM</b>
<b>AUTHENTIC MUAY THAI</b> Technique & Sparring Kids Edition 5-10 Years <b>3:45PM – 4:15PM</b>	<b>FITNESS CLASS</b> Strength & Conditioning Kids Edition 5-10 Years <b>3:45PM – 4:15PM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring Kids Edition 5-10 Years <b>3:45PM – 4:15PM</b>	<b>PURE BOXING</b> Technique & Sparring Kids Edition 5-10 Years <b>3:45PM – 4:15PM</b>		
<b>AUTHENTIC MUAY THAI</b> Technique & Sparring Kids Edition 11-16 Years <b>4:00PM – 4:45PM</b>	<b>FITNESS CLASS</b> Strength & Conditioning Kids Edition 11-16 Years <b>4:00PM – 4:45PM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring Kids Edition 11-16 Years <b>4:00PM – 4:45PM</b>	<b>PURE BOXING</b> Technique & Sparring Kids Edition 11-16 Years <b>4:00PM – 4:45PM</b>	<b>SUPERVISED SPARRING</b> Kids Edition <b>4:30PM – 5:00PM</b>	
	<b>FITNESS CLASS</b> Strength & Conditioning <b>4:45PM – 5:30PM</b>		<b>FITNESS CLASS</b> Strength & Conditioning <b>4:45PM – 5:30PM</b>		
<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:00PM – 6:00PM</b>	<b>FEMALE FIGHT'N'FIT</b> Intensive Fitness/ Combat Class <b>5:30PM – 6:15PM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:00PM – 6:00PM</b>	<b>FEMALE FIGHT'N'FIT</b> Intensive Fitness/ Combat Class <b>5:30PM – 6:15PM</b>		
<b>BJJ</b> Technique <b>6:00PM – 7:30PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>5:30PM – 6:30PM</b>	<b>BJJ</b> Technique <b>6:00PM – 7:30PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>5:30PM – 6:30PM</b>		
ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	<b>SUPERVISED SPARRING</b> Compulsory For All Fighters <b>3:00PM – 6:00PM</b>	

## 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