


# TIMETABLE

# CORPORATE BOX



LUTWYCHE | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:30AM – 6:30AM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:30AM – 6:30AM</b>	<b>BOXING HIIT</b> High Intensity Training <b>5:30AM – 6:15AM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:30AM – 6:30AM</b>	<b>BOXING HIIT</b> High Intensity Training <b>5:30AM – 6:15AM</b>	
ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	<b>MUAY THAI FIGHT CLASS</b> Compulsory All Fighters <b>6:30AM – 7:30AM</b>
 <b>BJJ / MMA WRESTLING</b> Technique & Sparring Kids Edition 3-6 Years <b>5:45PM – 6:15PM</b>		 <b>BJJ / MMA WRESTLING</b> Technique & Sparring Kids Edition 3-6 Years <b>5:45PM – 6:15PM</b>			<b>SUPERVISED SPARRING &amp; PADS</b> With Team Thai All Levels <b>8:00AM – 10:00AM</b>
 <b>BJJ / MMA WRESTLING</b> Technique & Sparring Kids Edition 7-14 Years <b>5:45PM – 6:30PM</b>	<b>BJJ / MMA WRESTLING OPEN MATS</b> All Levels <b>5:30PM – 6:30PM</b>	 <b>BJJ / MMA WRESTLING</b> Technique & Sparring Kids Edition 7-14 Years <b>5:45PM – 6:30PM</b>	<b>BJJ / MMA WRESTLING OPEN MATS</b> All Levels <b>5:30PM – 6:30PM</b>	<b>BJJ / MMA WRESTLING OPEN MATS</b> All Levels <b>5:30PM – 6:30PM</b>	 <b>PURE BOXING</b> Technique & Sparring Kids Edition <b>9:00AM – 9:30AM</b>
<b>FEMALE FIGHT'N'FIT</b> Intensive Fitness/ Combat Class <b>5:45PM – 6:30PM</b>	<b>FEMALE FIGHT'N'FIT</b> Intensive Fitness/ Combat Class <b>5:45PM – 6:30PM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:45PM – 6:30PM</b>	<b>AUTHENTIC MUAY THAI</b> Technique & Sparring <b>5:45PM – 6:30PM</b>		<b>BJJ / MMA WRESTLING</b> Open Mats All Levels Alternative Saturdays at CBL/CBV <b>9:30AM – 11:00AM</b>
<b>PURE BOXING</b> Technique & Sparring <b>6:00PM – 7:00PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>6:00PM – 7:00PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>6:00PM – 7:00PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>6:00PM – 7:00PM</b>		
<b>BJJ</b> Technique <b>6:30PM – 7:30PM</b>	<b>BJJ</b> Technique <b>6:30PM – 7:30PM</b>	<b>BJJ</b> Technique <b>6:30PM – 7:30PM</b>	<b>BJJ</b> Technique <b>6:30PM – 7:30PM</b>	<b>BJJ</b> Technique <b>6:30PM – 7:30PM</b>	
ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	<b>SUPERVISED SPARRING &amp; PADS</b> With Team Thai All Levels <b>2:30PM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:30PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> All day with Team Thai <b>6:00AM – 7:00PM</b>	

## STAFF HOURS

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