


























TIMETABLE

CORPORATE BOX



LUTWYCHE | CLASSES | PADS | SPARRING

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

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