TIMETABLE BONDON

LUTWYCHE | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUTHENTIC MUAY THAI Technique & Sparring	AUTHENTIC MUAY THAI Technique & Sparring	AUTHENTIC MUAY THAI Technique & Sparring	AUTHENTIC MUAY THAI Technique & Sparring	AUTHENTIC MUAY THAI Technique & Sparring	STRENGTH & CONDITIONING BOOTCAMP
5:30AM - 6:30AM	5:30AM - 6:30AM	5:30AM - 6:30AM	5:30AM - 6:30AM	5:30AM - 6:30AM	7:00AM - 8:00AM
BOXING HIIT High Intensity Training	BOXING HIIT High Intensity Training	BOXING HIIT High Intensity Training	BOXING HIIT High Intensity Training	BOXING HIIT High Intensity Training	SUPERVISED SPARRING & PADS With Team Thai
5:30AM - 6:30AM	5:30AM - 6:30AM	5:30AM - 6:30AM	5:30AM - 6:30AM	5:30AM - 6:30AM	All Levels 7:00AM - 10:00AM
ONE-ON-ONE MUAY THAI & BOXING PADS	ONE-ON-ONE MUAY THAI & BOXING PADS	ONE-ON-ONE MUAY THAI & BOXING PADS	ONE-ON-ONE MUAY THAI & BOXING PADS	ONE-ON-ONE MUAY THAI & BOXING PADS	PURE BOXING Technique & Sparring
All day with Team Thai	All day with Team Thai	All day with Team Thai	All day with Team Thai	All day with Team Thai	Kids Edition
6:00AM - 7:30PM	6:00AM - 7:30PM	6:00AM - 7:30PM	6:00AM - 7:30PM	6:00AM - 7:00PM	9:00AM - 9:30AM
AUTHENTIC MUAY THAI Technique & Sparring 10:00AM - 11:00AM		AUTHENTIC MUAY THAI Technique & Sparring		AUTHENTIC MUAY THAI Technique & Sparring	
10.00AW - 11.00AW	~>	10:00AM - 11:00AM		10:00AM - 11:00AM	~//
	BJJ / MMA WRESTING		BJJ / MMA WRESTING		
	Technique & Sparring		Technique & Sparring		
	Kids Edition 5:45PM - 6:30PM		Kids Edition 5:45PM – 6:30PM		
FEMALE FIGHT'N'FIT Intensive Fitness /	FEMALE FIGHT'N'FIT Intensive Fitness /	AUTHENTIC MUAY THAI Technique & Sparring	AUTHENTIC MUAY THAI Technique & Sparring		
Combat Class	Combat Class	recinique a oparring	rearmique a oparmig		* *
5:45PM - 6:30PM	5:45PM - 6:30PM	5:45PM - 6:30PM	5:45PM - 6:30PM		
PURE BOXING	PURE BOXING	PURE BOXING	PURE BOXING		
Technique & Sparring	Technique & Sparring	Technique & Sparring	Technique & Sparring		
6:00PM - 7:00PM	6:00PM - 7:00PM	6:00PM - 7:00PM	6:00PM - 7:00PM		
BJJ	BJJ	BJJ	BJJ	BJJ	
Technique	Technique	Technique	Technique	Technique	
6:30PM - 8:00PM	6:30PM - 8:00PM	6:30PM - 8:00PM	6:30PM - 8:00PM	6:30PM - 8:00PM	
ONE-ON-ONE MUAY	ONE-ON-ONE MUAY	SUPERVISED	ONE-ON-ONE MUAY	ONE-ON-ONE MUAY	
THAI & BOXING PADS	THAI & BOXING PADS	SPARRING & PADS	THAI & BOXING PADS	THAI & BOXING PADS	
All day with Team Thai 6:00AM - 7:30PM	All day with Team Thai 6:00AM - 7:30PM	All Levels 3:00PM - 7:30PM	All day with Team Thai 6:00AM - 7:30PM	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	

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