

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	AUTHENTIC MUAY THAI Technique & Sparring 5:30AM – 6:30AM	AUTHENTIC MUAY THAI Technique & Sparring 5:30AM – 6:30AM	AUTHENTIC MUAY THAI Technique & Sparring 5:30AM – 6:30AM	STRENGTH & CONDITIONING BOOTCAMP 7:00AM – 8:00AM
BOXING HIIT High Intensity Training 5:30AM – 6:30AM	BOXING HIIT High Intensity Training 5:30AM – 6:30AM	BOXING HIIT High Intensity Training 5:30AM – 6:30AM	BOXING HIIT High Intensity Training 5:30AM – 6:30AM	BOXING HIIT High Intensity Training 5:30AM – 6:30AM	SUPERVISED SPARRING & PADS With Team Thai All Levels 7:00AM – 10:00AM
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	PURE BOXING Technique & Sparring Kids Edition 9:00AM – 9:30AM
AUTHENTIC MUAY THAI Technique & Sparring 10:00AM – 11:00AM		AUTHENTIC MUAY THAI Technique & Sparring 10:00AM – 11:00AM		AUTHENTIC MUAY THAI Technique & Sparring 10:00AM – 11:00AM	
	BJJ / MMA WRESTLING Technique & Sparring Kids Edition 5:45PM – 6:30PM		BJJ / MMA WRESTLING Technique & Sparring Kids Edition 5:45PM – 6:30PM		
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		
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 All Levels 3:00PM – 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 3:30PM – 7:30PM	5:30AM – 9:30AM 3:30PM – 7:30PM	5:30AM – 9:30AM 3:30PM – 7:30PM	5:30AM – 9:30AM 3:30PM – 7:30PM	5:30AM – 9:30AM 3:30PM – 7:00PM	6:30AM – 10:00AM

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