

TIMETABLE

CORPORATE BOX



VALLEY | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 7:00AM – 11:00AM
BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BOXING HIIT High Intensity Training 7:00AM – 8:00AM
	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BJJ Technique 8:00AM – 9:00AM
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	BJJ / MMA WRESTLING Open Mats All Levels Alternative Saturdays at CBV/CBL 9:00AM – 10:00AM
PURE BOXING Technique & Sparring 5:45PM – 6:30PM	AUTHENTIC MUAY THAI Technique & Sparring 5:45PM – 6:30PM	PURE BOXING Technique & Sparring 5:45PM – 6:30PM	AUTHENTIC MUAY THAI Technique & Sparring 5:45PM – 6:30PM	SUPERVISED SPARRING & PADS With Team Thai All Levels 5:30PM – 7:30PM	AUTHENTIC MUAY THAI Technique & Sparring 9:45AM – 10:45AM
MMA Technique 5:30PM – 6:30PM	MMA Technique 6:00PM – 7:00PM	MMA Technique 5:30PM – 6:30PM	MMA Technique 6:00PM – 7:00PM		
AUTHENTIC MUAY THAI Technique & Sparring 6:30PM – 7:30PM	PURE BOXING Technique & Sparring 6:30PM – 7:15PM	AUTHENTIC MUAY THAI Technique & Sparring 6:30PM – 7:30PM	PURE BOXING Technique & Sparring 6:30PM – 7:15PM		
BJJ Technique 7:00PM – 8:00PM	BJJ Technique 7:00PM – 8:00PM	BJJ Technique 7:00PM – 8:00PM	BJJ Technique 7:00PM – 8:00PM		
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM – 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM – 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM – 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM – 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:00PM – 6:00PM	

STAFF HOURS

5:30AM – 9:00AM

5:30AM – 9:00AM

5:30AM – 9:00AM

5:30AM – 9:00AM

5:30AM – 9:00AM

7:00AM – 11:00AM

11:00AM – 2:00PM

11:00AM – 2:00PM

11:00AM – 2:00PM

11:00AM – 2:00PM

11:00AM – 2:00PM

3:30PM – 7:30PM

3:30PM – 7:30PM

3:30PM – 7:30PM

3:30PM – 7:30PM

3:00PM – 6:00PM