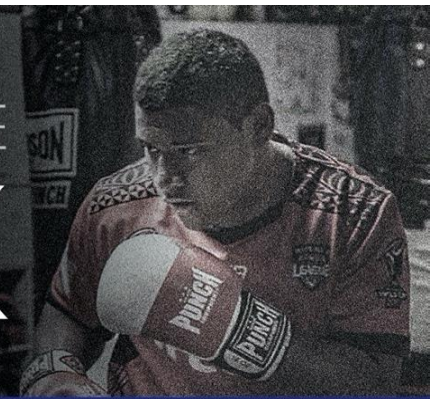


# TIMETABLE

# CORPORATE BOX



EAST BRISBANE | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BOXING HIIT</b> High Intensity Training <b>5:30AM – 6:00AM</b>	<b>FITNESS CLASS</b> Strength & Conditioning <b>5:30AM – 6:00AM</b>	<b>BOXING HIIT</b> High Intensity Training <b>5:30AM – 6:00AM</b>		
ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min rest <b>6:00AM – 9:30AM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min rest <b>6:00AM – 9:30AM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min rest <b>6:00AM – 9:30AM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min rest <b>6:00AM – 9:30AM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min rest <b>6:00AM – 9:30AM</b>	<b>STRENGTH &amp; CONDITIONING BOOTCAMP</b> Strength & Conditioning <b>9:00AM – 10:00AM</b>
<b>KIDS CLASS</b> Boxing / Muay Thai Technique & Sparring <b>4:00PM – 4:40PM</b>		<b>KIDS CLASS</b> Boxing / Muay Thai Technique & Sparring <b>4:00PM – 4:40PM</b>			
		<b>WEIGHTS CIRCUIT CLASS</b> Strength & Conditioning <b>4:30PM – 5:15PM</b>			
<b>PURE BOXING</b> Technique & Sparring <b>5:30PM – 6:30PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>5:30PM – 6:30PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>5:30PM – 6:30PM</b>	<b>PURE BOXING</b> Technique & Sparring <b>5:00PM – 6:00PM</b>		
ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min res <b>3:00PM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min res <b>3:00PM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min res <b>3:00PM – 7:00PM</b>	ONE-ON-ONE <b>MUAY THAI &amp; BOXING PADS</b> 3x3min rounds w/ 1 min res <b>3:00PM – 7:00PM</b>	<b>SUPERVISED SPARRING &amp; PADS</b> With Team Thai All Levels <b>2:30PM – 7:30PM</b>	

## STAFF HOURS

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