



Striking - Muay Thai/Boxing

	Monday		Tuesday			Wednesday		Thursday		Friday	
	Area 1	Area 2	Area 1	Area 2	Area 3	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2
	Evening										
5.30pm		MT Fighters 5.30-6.30pm		MT Fighters 5.30-6.30pm			MT Fighters 5.30-6.30pm	MT Inter Spar 5.30-6.30pm	MT Fighters 5.30-6.30pm		
6.30pm	Women's KB 6.30-7.30pm	MT Inter 6.30-7.30pm	MT Fund 6.30-7.30pm	MT Adv 6.30-7.30pm	Boxing Inter 6.30-7.30pm	Women's KB 6.30-7.30pm	MT Inter 6.30-7.30pm	MT Adv/Inter 6.30-7.30pm	Boxing Inter 6.30-7.30pm		
7.30pm	MT Fund 7.30-8.30pm		MT Inter 7.30-8.30pm	Baseline Boxing 7.30-8.30pm		MT Fund 7.30-8.30pm	MT Inter Spar 7.30-8.30pm	MT Fund 7.30-8.30pm	Baseline Boxing 7.30-8.30pm		
8.30pm	Gym Close										

	Saturday		
	Area 1	Area 2	Area 3
9.00am	Boxing 9.00-10.00am	Women's KB 9.00-10.00am	MT Adv 9.00-10.00am
10.00am	MT Funds 10.00-11.00am	MT Inter 10.00-11.00am	Baseline Boxing 10.00-11.00am
11.00am	MT Spar/Clinch 11.00-11.30am		
12.30pm			
12.30pm	Gym Close		