



# 2022 - 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		<b>MT Fighters</b> 5.30-6.30pm		<b>MT Fighters</b> 5.30-6.30pm			<b>MT Fighters</b> 5.30-6.30pm		<b>MT Fighters</b> 5.30-6.30pm		
6.30pm	<b>Women's KB</b> 6.30-7.30pm	<b>MT Inter</b> 6.30-7.30pm	<b>MT Fund</b> 6.30-7.30pm	<b>MT Adv</b> 6.30-7.30pm	<b>Art of Boxing</b> 6.30-7.30pm	<b>Women's KB</b> 6.30-7.30pm	<b>MT Inter</b> 6.30-7.30pm	<b>MT Adv/Inter</b> 6.30-7.30pm	<b>Art of Boxing</b> 6.30-7.30pm		
7.30pm	<b>MT Fund</b> 7.30-8.30pm		<b>MT Inter</b> 7.30-8.30pm	<b>Baseline Boxing</b> 7.30-8.30pm		<b>MT Fund</b> 7.30-8.30pm		<b>MT Fund</b> 7.30-8.30pm	<b>Baseline Boxing</b> 7.30-8.30pm		
8.30pm	Gym Close										

	Saturday		
	Area 1	Area 2	Area 3
9.00am	<b>Art of Boxing &amp; Baseline Boxing</b> 9.00-10.00am	<b>Women's KB</b> 9.00-10.00am	<b>MT Adv</b> 9.00-10.00am
10.00am	<b>MT Funds</b> 10.00-11.00am	<b>MT Inter</b> 10.00-11.00am	
11.00am	<b>MT Spar/Clinch</b> 11.00-11.30am		
12.30pm			
12.30pm	Gym Close		