



MUAY THAI BEGINNERS TO FIGHTERS
HIGH INTENSITY INTERVAL TRAINING
LADIES ONLY CLASSES
YOGA
STRENGTH + CONDITIONING
KIDS 4-7
KIDS 8-12
TEENS

TIMETABLE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT 6-6:45am	MUAY THAI BOXING 6-7am	HIIT 6-6:45am	YOGA 6-7am	HIIT 6-6:45am	KIDS MUAY THAI 4-7 YEARS 8:15-9:00am
HIIT LADIES 9-9:45am	MUAY THAI ALL LEVELS 9-10am	HIIT LADIES 9-9:45am		HIIT LADIES 9-9:45am	KIDS MUAY THAI 8-12 YEARS 9-9:45am
KIDS MUAY THAI 8-12 YEARS 3:45-4:30pm	KIDS MUAY THAI 4-7 YEARS 3:45-4:30pm	KIDS MUAY THAI 8-12 YEARS 3:45-4:30pm	KIDS MUAY THAI 4-7 YEARS 3:45-4:30pm	KIDS MUAY THAI 8-12 YEARS 3:45-4:30pm	TEENS MUAY THAI 9:00-9:45am
TEENS MUAY THAI 4:30-5:15pm		TEENS MUAY THAI 4:30-5:15pm	TEENS STRENGTH 4:30-5:30pm	TEENS MUAY THAI 3:45-4:30pm	MUAY THAI ALL LEVELS 9:45-11:15am
BEGINNERS MUAY THAI 5:30-6:30pm		BEGINNERS MUAY THAI 5:30-6:30pm		BEGINNERS MUAY THAI 4:30-5:30pm	
MUAY THAI ALL LEVELS 5:30-6:30pm	HIIT 5:30-6:30pm	MUAY THAI ALL LEVELS 5:30-6:30pm	HIIT 5:30-6:30pm	MUAY THAI ALL LEVELS 4:30-5:30pm	
FIGHTERS/ ADVANCED 6:30-8pm	FIGHTERS 5:30-7pm	FIGHTERS/ ADVANCED 6:30-8pm	FIGHTERS 5:30-7pm		

* Subject to change without notice. Accurate as of May 2022

0417 703 370

129 LOCKYER AVE, ALBANY, WA

