

EAST BRISBANE | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING CLASS	FITNESS CLASS	BOXING CLASS	FITNESS CLASS	BOXING CLASS	
Technique & Fitness	Strength & Conditioning	Technique & Fitness	Strength & Conditioning	Technique & Fitness	
5:30am - 6:10am	5:30ам — 6:10ам	5:30ам – 6:10ам	5:30ам — 6:10ам	5:30ам — 6:10ам	
ONE-ON-ONE BOXING & MUAY THAI PADS					
6:00am - 9:00am					
BOXING CLASS	FITNESS CLASS	BOXING CLASS	FITNESS CLASS	BOXING CLASS	SATURDAY
Technique & Fitness	Strength & Conditioning	Technique & Fitness	Strength & Conditioning	Technique & Fitness	MORNING BOOTCAMP
7:00am - 7:40am	7:00ам – 7:40ам	7:00ам – 7:40ам	7:00ам – 7:40ам	7:00ам – 7:40ам	Boxinng, Strength & Conditioning
Unstaffed from 9am - 3pm					8:00AM - 8:45AM
KIDS CLASS 8-12yrs Boxing, Fitness &	TEENS BOXING 13-17yrs Boxing Technique &	KIDS CLASS 8-12yrs Boxing, Fitness &	TEENS BOXING 13-17yrs Boxing Technique &	SPARRING	
Confidenence Building	Sparring	Confidenence Building	Sparring	BOXING & MUAY THAI	
4:00рм - 4:40рм	4:00рм - 4:40рм	4:00рм - 4:40рм	4:00рм - 4:40рм	SUPERVISED SPARRING *All new members and first	
MUAY THAI	FITNESS CLASS	MUAY THAI	FITNESS CLASS	time sparrer's must discuss attending with Coach Clayton	
All Levels - Skills & Drills	Strength & Conditioning	All Levels - Skills & Drills	Strength & Conditioning	Clayton	
5:00рм - 5:45рм	5:00рм - 5:30рм	5:00рм — 5:45рм	5:00рм - 5:30рм	4:00рм - 6:00рм	
	BOXING HIIT High Intensity Training		BOXING HIIT High Intensity Training		
~//	5:45рм - 6:15рм		5:45Pм — 6:15 _{PM}		
BOXING	BOXING	BOXING	BOXING		
Technique & Sparring	Technique & Sparring	Technique & Sparring	Technique & Sparring		
6:00рм - 6:45рм	6:15рм - 6:45рм	6:00рм - 6:45рм	6:15рм - 6:45рм		
ONE-ON-ONE BOXING & MUAY THAI PADS					
3:00рм – 7:00рм					
		STAFFED HOURS Monday - Friday		,	
5:30AM - 9:00AM	5:30AM - 9:00AM	5:30AM - 9:00AM	5:30AM - 9:00AM	5:30AM - 9:00AM	-
3:00PM - 7:00PM	3:00PM - 7:00PM	3:00PM - 7:00PM	3:00PM - 7:00PM	3:00PM - 6:00PM	

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