

MUAY THAI TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	PADS & TECHNIQUE COACH MATT	CLINCH COACH MATT	SPARRING DRILLS COACH MATT	BAG DRILLS COACH MATT	PADWORK COACH MATT	
8:00AM						PADS & TECHNIQUE COACH MATT
9:00AM			LADIES ONLY COACH TARA			LADIES ONLY COACH TARA
4:00PM	JUNIORS COACH MATT	TEENS COACH NALEDI	JUNIORS COACH NALEDI	TEENS COACH NALEDI		
4:30PM	PADS & TECHNIQUE COACH MATT	CLINCH COACH MATT	FUNDAMENTALS COACH MATT	SPARRING DRILLS COACH MATT	SPARRING BASICS COACH MATT	
5:30PM	CLINCH COACH STEVE	SPARRING DRILLS COACH STEVE	PADS & TECHNIQUE COACH STEVE	CLINCH COACH MATT	SPARRING OPEN GYM	
6:30PM	FUNDAMENTALS COACH STEVE	BAG DRILLS COACH STEVE	CLINCH COACH STEVE	PADS & TECHNIQUE COACH MATT	SPARRING OPEN GYM	

COACHES

COACH MATT

COACH NALEDI

COACH STEVE

COACH TARA

Victorious