

MUAY THAI | TIMETABLE

MONDAY	6:00AM PADS & TECHNIQUE COACH MOHAMED (Beginner Friendly)	7:00AM FUNDAMENTALS COACH MOHAMED (Beginner Friendly)	10.30AM BAG DRILLS COACH JACKIE	4:00PM JUNIORS COACH NALEDI (7YRS - 11YRS)	4:30PM PADS & TECHNIQUE COACH STEVE (Beginner Friendly)	5:30PM CLINCH COACH STEVE	6.30PM FUNDAMENTALS COACH JACKIE (Beginner Friendly)
TUESDAY	6:00AM FUNDAMENTALS COACH MOHAMED (Beginner Friendly)			4:00PM TEENS COACH NALEDI (12YRS - 15YRS)	4:30PM CLINCH COACH STEVE	5:30PM CONDITIONING DRILLS COACH STEVE (Beginner Friendly)	6.30PM SPARRING DRILLS COACH JACKIE
WEDNESDAY	6:00AM SPARRING DRILLS COACH MOHAMED	9:00AM LADIES ONLY COACH NALEDI	10.30AM PADS & TECHNIQUE COACH JACKIE	4:00PM JUNIORS COACH NALEDI (7YRS - 11YRS)	4:30PM FUNDAMENTALS COACH STEVE (Beginner Friendly)	5:30PM PADS & TECHNIQUE COACH STEVE (Beginner Friendly)	6.30PM PADWORK COACH JACKIE
THURSDAY	6:00AM BAG DRILLS COACH ALEX			4:00PM TEENS COACH NALEDI (12YRS - 15YRS)	4:30PM FUNDAMENTALS COACH ALEX	5.30PM PADWORK COACH ALEX	6:30PM PADS & TECHNIQUE COACH ALEX (Beginner Friendly)
FRIDAY	6:00AM PADS & CLINCH COACH MOHAMED (Beginner Friendly)	7:00AM SPARRING DRILLS COACH MOHAMED	10.30AM SPARRING DRILLS COACH JACKIE	4:00PM TEENS COACH NALEDI (12YRS - 15YRS)	4:30PM SPARRING BASICS COACH MOHAMED	5:30PM OPEN SPARRING	
SATURDAY		8:00AM PADS & TECHNIQUE COACH MATT	9:00AM LADIES ONLY COACH TARA				
SUNDAY			10.00AM PADWORK COACH JACKIE				

Victorious

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