

		Monday				Tuesday				Wednesday				Thursday				Friday	
11:00 AM		Muay Thai Fitness				Muay Thai Fitness				Muay Thai Fitness				Muay Thai Fitness				Muay Thai Fitness	
12:00 PM	Boxing Combos and Drills	Muay Thai Fitness		Boxing Combos and Drills		Muay Thai Fitness		Boxing Combos and Drills		Muay Thai Fitness		Boxing Combos and Drills		Muay Thai Fitness		Boxing Combos and Drills		Muay Thai Fitness	
5:00 PM		Muay Thai Fitness	Muay Thai Technique (Kicks, Teep)			Muay Thai Fitness	Muay Thai Technique (Knees)			Muay Thai Fitness	Muay Thai Technique (Kicks, Teep)			Muay Thai Fitness	Muay Thai Technique (Knees)			Muay Thai Fitness	Muay Thai Technique (Punches, Elbows)
5:30 PM	Boxing Combos and Drills			Boxing Combos and Drills				Boxing Combos and Drills				Boxing Combos and Drills				Boxing Combos and Drills			
6:00 PM		Muay Thai Fitness	Muay Thai Technique (Punches, Elbows)			Muay Thai Fitness	Muay Thai Technique (Kicks, Teep)			Muay Thai Fitness	Muay Thai Technique (Knees)			Muay Thai Fitness	Muay Thai Technique (Punches, Elbows)			Muay Thai Fitness	Muay Thai Technique (Knees)
6:30 PM	Boxing Fundamentals			Boxing Fundamentals				Boxing Fundamentals				Boxing Fundamentals				Boxing Fundamentals			
7:00 PM		Muay Thai Fitness	Muay Thai Combos/Light Sparring (Int/Adv)			Muay Thai Fitness	Muay Thai Technique (Punches, Elbows)			Muay Thai Fitness	Muay Thai Combos/Light Sparring (Int/Adv)			Muay Thai Fitness	Muay Thai Technique (Kicks, Teep)			Muay Thai Fitness	Muay Thai Combos/Light Sparring (Int/Adv)
7:30 PM	Boxing Combos and Drills			Boxfit				Boxing Combos and Drills				Boxfit				Boxing Combos and Drills			
8:00 PM		Muay Thai Fitness	Muay Thai Combos/Light Sparring (Int/Adv)			Muay Thai Fitness	Circuits			Muay Thai Fitness	Muay Thai Combos/Light Sparring (Int/Adv)			Muay Thai Fitness	Circuits			Muay Thai Fitness	Muay Thai Combos/Light Sparring (Int/Adv)
8:30 PM	Boxing Combos and Drills	Open Gym		Boxing Advanced / Sparring		Open Gym		Boxing Combos and Drills		Open Gym		Boxing Advanced / Sparring		Open Gym		Boxing Combos and Drills		Open Gym	
9:00 PM																			
9:30 PM																			

		Saturday		Sunday	
11:00 AM	Boxing Fundamentals	Muay Thai Fitness		Muay Thai Fitness	
12:00 PM	Boxing Combos and Drills	Muay Thai Fitness		Muay Thai Fitness	
1:00 PM		Muay Thai Fitness		Muay Thai Fitness	
2:30 PM	Boxing Fundamentals	Muay Thai Fitness		Muay Thai Fitness	
3:30 PM	Boxing Combos and Drills	Muay Thai Fitness		Muay Thai Fitness	
4:30 PM	Boxing Advanced / Sparring	Muay Thai Fitness		Muay Thai Fitness	
5:30 PM					

WARRIOR



HONG KONG