HER FYTE CLUB

STRIKING TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
10am	MUAY THAI (ALL LEVELS)	MUAY THAI (ALL LEVELS)	**9:30AM** BOXING (ALL LEVELS)	MUAY THAI SPARRING (ALL LEVELS)		**8AM** MUAY THAI (ALL LEVELS)
4pm	KIDS BOXING (5-12Years)		KIDS BOXING (5-12Years)	KIDS MUAY THAI (5-12Years)		**9AM 30MINS** KIDS MUAY THAI/ BOXING XPRESS (5YEARS - 12 YEARS)
4:45pm	KIDS MUAY THAI (5-12Years)		KIDS MUAY THAI (5-12Years)	KIDS BOXING (5-12Years)		**9:30AM 45MINS** TEENS & BEGINNERS MUAY THAI/ BOXING XPRESS
5:30pm				MUAY THAI (ALL LEVELS) MUAY THAI TEENS & BEGINNERS	MUAY THAI (ALL LEVELS) MUAY THAI TEENS & BEGINNERS	**10:15AM-11:30AM** OPEN MAT/ SPARRING
6:30pm	MUAY THAI (ALL LEVELS) MUAY THAI TEENS & BEGINNERS	BOXING (ALL LEVELS) BOXING TEENS & BEGINNERS	MUAY THAI SPARRING (ALL LEVELS) MUAY THAI TEENS & BEGINNERS		BOXING (ALL LEVELS) BOXING TEENS & BEGINNERS	
7:30pm		MUAY THAI (ALL LEVELS) MUAY THAI TEENS & BEGINNERS				

Kids (5years - 12 years) | 40min
Teens & Beginners- 13 years to Adults | 1hr
All Levels - 17+ years | 1hr
Intermediate/ Advanced 17+ years | 1hr

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