



# Ringside Fitness Class Schedule

From 10 June 2024

Please use the team up app to book your classes! | Whatsapp [91050937](https://www.whatsapp.com/business/profile/91050937) if there are booking issues

|                  | MON                             | TUE                           | WED                                    | THURS                                  | FRI                             |
|------------------|---------------------------------|-------------------------------|--|--|---------------------------------|
| 9:00am - 12:00pm | OPEN GYM                        |                               |  |  |                                 |
| 12:30 - 1:30pm   | Boxing / Kickboxing / Muay Thai |                               | Boxing / Kickboxing / Muay Thai - Pads | Boxing / Kickboxing / Muay Thai - Spar | Boxing / Kickboxing / Muay Thai |
| 2:00 - 5:00pm    | OPEN GYM                        |                               |  |  |                                 |
| 5:30 - 6:30pm    | KickBoxing / Muay Thai          | KickBoxing / Muay Thai        | Boxing - Pads                          | KickBoxing / Muay Thai                 | Boxing - Warrior                |
| 6:30 - 7:30pm    | Boxing - Warrior                | Boxing - HIIT                 | KickBoxing / Muay Thai                 | Boxing - Spar                          | KickBoxing / Muay Thai          |
| 7:30 - 8:30pm    | KickBoxing / Muay Thai          | KickBoxing / Muay Thai        | Boxing - Pads                          | KickBoxing / Muay Thai - Spar          | Boxing - Punchouts              |
| 8:30 - 9:30pm    | Strength & Cond.                | Boxing / Muay Thai / MMA Tech | Strength & Cond.                       | Boxing / Muay Thai / MMA Tech          | Yoga                            |

|     |                   |                        |               |
|-----|-------------------|------------------------|---------------|
| SAT | 11:00am - 12:00pm | 12:00 - 1:00pm         | 1:00 - 2:00pm |
|     | Boxing - Rounds   | Kickboxing / Muay Thai | Boxing - Spar |