



APEX COMBAT & FITNESS

JAN '26 CLASS TIMETABLE

MONDAY

MUAY THAI
KIDS MUAY THAI CLASS (5-12 years)
MUAY THAI
MMA (ALL LEVELS - 13 years and up)

12:15 - 1:15pm (60min)
5:15 - 6:15pm (60min)
6:15 - 7:15pm (60min)
7:15 - 8:30pm (75min)

TUESDAY

MUAY THAI
FUNCTIONAL FITNESS
KIDS BULLY-PROOF CLASS (5-12 years)
BJJ (ALL LEVELS - 13 years and up)
MUAY THAI

6:15 - 7:15am (60min)
12:15 - 1:15pm (60min)
5:15 - 6:15pm (60min)
6:15 - 7:15pm (60min)
7:15 - 8:45pm (90min)

WEDNESDAY

MUAY THAI
KIDS MUAY THAI CLASS (5-12 years)
MUAY THAI
MMA (ALL LEVELS - 13 years and up)

12:15 - 1:15pm (60min)
5:15 - 6:15pm (60min)
6:15 - 7:15pm (60min)
7:15 - 8:30pm (75min)

THURSDAY

MUAY THAI
FUNCTIONAL FITNESS
KIDS BULLY-PROOF CLASS (5-12 years)
BJJ (ALL LEVELS - 13 years and up)
MUAY THAI

6:15 - 7:15am (60min)
12:15 - 1:15pm (60min)
5:15 - 6:15pm (60min)
6:15 - 7:15pm (60min)
7:15 - 8:45pm (90min)

FRIDAY

SPARRING - MUAY THAI / MMA

6:30 - 7:45pm (75min)

SATURDAY

MUAY THAI

10am - 11:30 (90min)
12:00 GYM CLOSES