



APEX COMBAT & FITNESS

FEB '26 CLASS TIMETABLE

MONDAY

MUAY THAI	12:15 - 1:15pm (60min)
KIDS MUAY THAI CLASS (5-12 years)	5:15 - 6:15pm (60min)
MUAY THAI	6:15 - 7:15pm (60min)
MMA (ALL LEVELS - 13 years and up)	7:15 - 8:30pm (75min)

TUESDAY

FUNCTIONAL FITNESS	12:15 - 1:15pm (60min)
KIDS BULLY-PROOF CLASS (5-12 years)	5:15 - 6:15pm (60min)
BJJ (ALL LEVELS - 13 years and up)	6:15 - 7:15pm (60min)
MUAY THAI	7:15 - 8:45pm (90min)

WEDNESDAY

MUAY THAI	12:15 - 1:15pm (60min)
KIDS MUAY THAI CLASS (5-12 years)	5:15 - 6:15pm (60min)
MUAY THAI	6:15 - 7:15pm (60min)
MMA (ALL LEVELS - 13 years and up)	7:15 - 8:30pm (75min)

THURSDAY

FUNCTIONAL FITNESS	12:15 - 1:15pm (60min)
KIDS BULLY-PROOF CLASS (5-12 years)	5:15 - 6:15pm (60min)
BJJ (ALL LEVELS - 13 years and up)	6:15 - 7:15pm (60min)
MUAY THAI	7:15 - 8:45pm (90min)

FRIDAY

SPARRING - MUAY THAI / MMA	6 - 7pm (60min)
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SATURDAY

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