

TIMETABLE – Muay Thai

MON

- 4.15: Secondary School Green + Above
- 5.15: Secondary School Beginner
- 6.15: Adult Beginner
- 7.15 – 8.45: Adult Fighters (non fighters welcome)

TUES

- 4.15: Primary School Beginner
- 5.15: Primary School Green + Above
- 6.15: Adult Green + Above
- 7.15: Adult Beginner

WED

- 4.15: Secondary School Beginner
- 5.15: Secondary School Green + Above
- 6.15: OPEN MAT
- 7.15 – 8.45 Adult Fighters (non fighters welcome)

THURS

- 4.15: Primary School Green + Above
- 5.15: Primary School Beginner
- 6.15: OPEN MAT
- 7.15: Adult Green + Above

FRI

- 4.15: Primary All Grades
- 5.15: Secondary All Grades
- 6.15: Adult beginner
- 7.15: OPEN MAT

SAT

- 11.15am: Primary All Grades
- 12.15pm: Secondary All Grades
- 1.15pm – 2.30pm: Adult All Grades

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[www.corefituk.com](http://www.corefituk.com)

IF YOU ARE INTERESTED IN DAYTIME CLASSES OR WANT TO SEE SOMETHING ADDED OR ALTERED PLEASE ASK

[We are open from 12pm for open training](#)

TIMETABLE-FITNESS/DANCE

MON

- 4.30: 3-7 yr Street Dance (not inc)
- 5.30: 8-12 yr Street Dance (not inc)
- 6.30: 12-18 yr Street Dance (not inc)
- 7.45: Adult Circuits

TUES

- 5.15: 14 – 18's Football Fitness Conditioning
- 6.15: Thai Boxersize
- 7.15: Adult Circuits

WED

- 5.15: OPEN TRAINING
- 6.15: TRX Suspension Training Advanced
- 7.15: TRX Suspension Beginner

THURS

- 5.15: 14-18's Circuits
- 6.15: Adult Circuits
- 7.15: Thai Boxcercise

FRI

- 5.15: OPEN TRAINING
- 6.15: Thai Boxersize
- 7.15: OPEN TRAINING

SAT

- 10.30 – 12.30: Street & Breakdance (not inc)
- 12.30 – 1.30pm – Contemporary Dance (open class) 8-18yrs (not inc)
- 1.30 – 2.30: OPEN TRAINING

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