

PINEAPPLE SCHEDULE

Effective from 02 Jan 2026.



MON	TUE	WED	THU	FRI	SAT	SUN
Muay Thai Core 06:30 - 07:30	Muay Thai Core 06:30 - 07:30	Muay Thai Core 06:30 - 07:30	Muay Thai Core 06:30 - 07:30	Boxing Core 06:30 - 07:30		
Muay Thai Core 07:30 - 08:30	Boxing Core 07:30 - 08:30	Muay Thai Core 07:30 - 08:30	Boxing Core 07:30 - 08:30	Muay Thai Core 07:30 - 08:30		
Boxing Core 08:30 - 09:30	Muay Thai Core 08:30 - 09:30	Boxing Core 08:30 - 09:30	Muay Thai Core 08:30 - 09:30	Muay Thai Core 08:30 - 09:30		
					Muay Thai Core 09:00 - 10:00	Muay Thai Core 09:00 - 10:00
					MT Kids Novice Inter. 10:00 - 11:00	MT Kids Novice Inter. 10:00 - 11:00
Muay Thai Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00
Muay Thai Sparring 12:00 - 13:00	Muay Thai Core 12:00 - 13:00	Boxing Core 12:00 - 13:00	Muay Thai Sparring 12:00 - 13:00	Boxing Core 12:00 - 13:00	MT Sparring 12:00 - 13:00	MT Kids Technique Advanced 12:00 - 13:00
Muay Thai Core 13:00 - 14:00	Muay Thai Technique 13:00 - 14:00	Muay Thai Core 13:00 - 14:00	Muay Thai Core 13:00 - 14:00	Muay Thai Core 13:00 - 14:00	Muay Thai Core 13:00 - 14:00	Muay Thai Core 13:00 - 14:00
					Muay Thai Foundation 14:00 - 15:00	Boxing Core 14:00 - 15:00
					Boxing Core 15:00 - 16:00	Muay Thai Foundation 15:00 - 16:00
					Gym Closed	
Muay Thai Core 16:00 - 17:00	Muay Thai Core 16:00 - 17:00	Muay Thai Core 16:00 - 17:00	Muay Thai Core 16:00 - 17:00	Muay Thai Core 16:00 - 17:00		
MT Kids Inter. 17:00 - 18:00	MT Kids Novice Inter. 17:00 - 18:00	MT Kids Advanced 17:00 - 18:00	MT Kids Novice Inter. 17:00 - 18:00	MT Kids Inter. 17:00 - 18:00		
Boxing Core 18:00 - 19:00	Muay Thai Sparring 18:00 - 19:00	Boxing Core 18:00 - 19:00	Muay Thai Technique 18:00 - 19:00	Muay Thai Sparring 18:00 - 19:00		
Muay Thai Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00		
Muay Thai Core 20:00 - 21:00	Muay Thai Core 20:00 - 21:00	Muay Thai Core 20:00 - 21:00	Muay Thai Core 20:00 - 21:00	Muay Thai Core 20:00 - 21:00		
Muay Thai Technique 21:00 - 22:00	Boxing Core 21:00 - 22:00	Muay Thai Technique 21:00 - 22:00	Boxing Core 21:00 - 22:00	Muay Thai Technique 21:00 - 22:00		
Gym Closed						

PINEAPPLE MMA

For booking & enquiries
Chat with us on WhatsApp
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1 Selegie Road
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