

PINEAPPLE SCHEDULE

Effective from 9 Sep 2024.



MON	TUE	WED	THU	FRI	SAT	SUN
Muay Thai Core Room 1 07:00 - 08:00	Boxing Technique Room 1 07:00 - 08:00	Muay Thai Core Room 1 07:00 - 08:00	Muay Thai Core Room 1 07:00 - 08:00	Muay Thai Core Room 1 07:00 - 08:00	Muay Thai Core Room 1 09:00 - 10:00	Muay Thai Core Room 1 09:00 - 10:00
Muay Thai Sparring Room 1 08:00 - 09:00	Muay Thai Core Room 1 08:00 - 09:00	Muay Thai Technique Room 1 08:00 - 09:00	Boxing Technique Room 1 08:00 - 09:00	Muay Thai Sparring Room 1 08:00 - 09:00	MT Kids Intermediate Room 1 10:00 - 11:00	MT Kids Intermediate Room 1 10:00 - 11:00
Muay Thai Core Room 1 09:00 - 10:00	Muay Thai Core Room 1 09:00 - 10:00	Boxing Technique Room 1 09:00 - 10:00	Muay Thai Core Room 1 09:00 - 10:00	Muay Thai Technique Room 1 09:00 - 10:00	MT Kids Novice Room 2 10:00 - 11:00	MT Kids Novice Room 2 10:00 - 11:00
Muay Thai Core Room 1 11:00 - 12:00	Muay Thai Core Room 1 11:00 - 12:00	Muay Thai Core Room 1 11:00 - 12:00	Muay Thai Core Room 1 11:00 - 12:00	Muay Thai Core Room 1 11:00 - 12:00	Muay Thai Core Room 1 11:00 - 12:00	Muay Thai Core Room 1 11:00 - 12:00
Muay Thai Technique Room 1 12:00 - 13:00	Muay Thai Core Room 1 12:00 - 13:00	Muay Thai Sparring Room 1 12:00 - 13:00	Muay Thai Technique Room 1 12:00 - 13:00	Boxing Technique Room 1 12:00 - 13:00	Muay Thai Sparring Room 1 12:00 - 13:00	Muay Thai Technique Room 1 12:00 - 13:00
Boxing Technique Room 1 13:00 - 14:00	Muay Thai Sparring Room 1 13:00 - 14:00	Muay Thai Core Room 1 13:00 - 14:00	Muay Thai Core Room 1 13:00 - 14:00	Muay Thai Core Room 1 13:00 - 14:00	Muay Thai Core Room 1 13:00 - 14:00	Muay Thai Core Room 1 13:00 - 14:00
Muay Thai Core Room 1 16:00 - 17:00	Muay Thai Core Room 1 16:00 - 17:00	Muay Thai Core Room 1 16:00 - 17:00	Muay Thai Core Room 1 16:00 - 17:00	Muay Thai Core Room 1 16:00 - 17:00	Muay Thai Core Room 1 14:00 - 15:00	Boxing Technique Room 1 14:00 - 15:00
Muay Thai Core Room 1 17:00 - 18:00	MT Kids Intermediate Room 1 17:00 - 18:00	Boxing Technique Room 1 17:00 - 18:00	MT Kids Intermediate Room 1 17:00 - 18:00	Boxing Technique Room 1 17:00 - 18:00		
Boxing Technique Room 1 18:00 - 19:00	MT Kids Novice Room 2 17:00 - 18:00	Muay Thai Sparring Room 1 18:00 - 19:00	MT Kids Novice Room 2 17:00 - 18:00	Muay Thai Core Room 1 18:00 - 19:00		
Muay Thai Core Room 1 19:00 - 20:00	Muay Thai Technique Room 1 18:00 - 19:00	Muay Thai Core Room 1 19:00 - 20:00	Muay Thai Technique Room 1 18:00 - 19:00	Muay Thai Technique Room 1 19:00 - 20:00		
Muay Thai Advanced* Room 2 19:15 - 20:45	Muay Thai Core Room 1 19:00 - 20:00	Muay Thai Advanced* Room 2 19:15 - 20:45	Muay Thai Core Room 1 19:00 - 20:00	Muay Thai Advanced* Room 2 19:15 - 20:45		
Muay Thai Core Room 1 20:00 - 21:00	Muay Thai Conditioning Room 2 19:15 - 20:15	Muay Thai Core Room 1 20:00 - 21:00	Muay Thai Conditioning Room 2 19:15 - 20:15	Muay Thai Sparring Room 1 20:00 - 21:00		
Muay Thai Technique Room 1 21:00 - 22:00	Muay Thai Core Room 1 20:00 - 21:00	Muay Thai Technique Room 1 21:00 - 22:00	Muay Thai Core Room 1 20:00 - 21:00	Muay Thai Core Room 1 21:00 - 22:00		
	Muay Thai Technique Room 2 20:15 - 21:15		Muay Thai Technique Room 2 20:15 - 21:15			
	Muay Thai Sparring Room 1 21:00 - 22:00		Boxing Technique Room 1 21:00 - 22:00			

