

PINEAPPLE MMA

Effective from 11 Aug 2026.



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

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For booking & enquiries
Chat with us on WhatsApp
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Location

139 Cecil Street
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