

PINEAPPLE MMA SCHEDULE



MON		TUE		WED		THU		FRI		SAT		SUN	
Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2
Muay Thai Core 07:00 - 08:00	Boxing Core 07:00 - 08:00	Muay Thai Core 07:00 - 08:00	Boxing Core 07:00 - 08:00	Muay Thai Core 07:00 - 08:00	Boxing Core 07:00 - 08:00	Muay Thai Core 07:00 - 08:00	Boxing Core 07:00 - 08:00	Muay Thai Core 07:00 - 08:00	Boxing Core 07:00 - 08:00				
Muay Thai Sparring 08:00 - 09:00	Boxing Core 08:00 - 09:00	Muay Thai Core 08:00 - 09:00	Boxing Core 08:00 - 09:00	Muay Thai Technique 08:00 - 09:00	Boxing Core 08:00 - 09:00	Muay Thai Technique 08:00 - 09:00	Boxing Core 08:00 - 09:00	Muay Thai Sparring 08:00 - 09:00	Boxing Core 08:00 - 09:00				
Muay Thai Core 09:00 - 10:00		Muay Thai Technique 09:00 - 10:00		Muay Thai Core 09:00 - 10:00		Muay Thai Core 09:00 - 10:00		Muay Thai Core 09:00 - 10:00					
										MT Kids Intermediate 10:00 - 11:00	MT Kids Novice 10:00 - 11:00	MT Kids Intermediate 10:00 - 11:00	MT Kids Novice 10:00 - 11:00
Muay Thai Core 11:00 - 12:00	Boxing Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Boxing Sparring 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Boxing Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Boxing Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Boxing Core 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Boxing Sparring 11:00 - 12:00	Muay Thai Core 11:00 - 12:00	Boxing Core 11:00 - 12:00
Muay Thai Technique 12:00 - 13:00	Boxing Core 12:00 - 13:00	Muay Thai Core 12:00 - 13:00	Boxing Core 12:00 - 13:00	Muay Thai Technique 12:00 - 13:00	Boxing Core 12:00 - 13:00	Muay Thai Sparring 12:00 - 13:00	Boxing Core 12:00 - 13:00	Muay Thai Advanced* 12:00 - 11:00	Boxing Core 12:00 - 13:00	Muay Thai Sparring 12:00 - 13:00	Women's Boxing 12:00 - 13:00	Muay Thai Technique 12:00 - 13:00	Women's Muay Thai 12:00 - 13:00
Muay Thai Core 13:00 - 14:00	Women's Boxing 13:00 - 14:00	Muay Thai Sparring 13:00 - 14:00	Muay Thai Advanced* 13:00 - 14:00	Muay Thai Core 13:00 - 14:00	Women's Muay Thai 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	Boxing Core 13:00 - 14:00	Muay Thai Core 13:00 - 14:00	Boxing Core 13:00 - 14:00
										Muay Thai Foundation 14:00 - 15:00	Boxing Core 14:00 - 15:00	Muay Thai Advanced* 14:00 - 15:00	Boxing Sparring 14:00 - 15:00
Gym Closed													

Effective from 05 May 2025.

Muay Thai Core 16:00 - 17:00		Muay Thai Core 16:00 - 17:00	Boxing Core 16:00 - 17:00	Muay Thai Core 16:00 - 17:00		Muay Thai Core 16:00 - 17:00	Boxing Core 16:00 - 17:00	Muay Thai Core 16:00 - 17:00	
Muay Thai Core 17:00 - 18:00	Boxing Core 17:00 - 18:00	MT Kids Intermediate 17:00 - 18:00	MT Kids Novice 17:00 - 18:00	Muay Thai Core 17:00 - 18:00	Boxing Core 17:00 - 18:00	MT Kids Intermediate 17:00 - 18:00	MT Kids Novice 17:00 - 18:00	Muay Thai Advanced* 17:00 - 18:00	Boxing Core 17:00 - 18:00
Muay Thai Sparring 18:00 - 19:00		Muay Thai Technique 18:00 - 19:00		Muay Thai Sparring 18:00 - 19:00		Muay Thai Technique 18:00 - 19:00		Muay Thai Core 18:00 - 19:00	
Muay Thai Core 19:00 - 20:00	Boxing Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Boxing Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Boxing Core 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Boxing Sparring 19:00 - 20:00	Muay Thai Core 19:00 - 20:00	Boxing Technique 19:00 - 20:00
Muay Thai Core 20:00 - 21:00	Boxing Technique 20:00 - 21:00	Muay Thai Core 20:00 - 21:00	Boxing Technique 20:00 - 21:00	Muay Thai Core 20:00 - 21:00	Boxing Technique 20:00 - 21:00	Muay Thai Advanced* 20:00 - 21:00	Boxing Core 20:00 - 21:00	Muay Thai Technique 20:00 - 21:00	Boxing Core 20:00 - 21:00
Muay Thai Technique 21:00 - 22:00		Muay Thai Advanced* 21:00 - 22:00		Muay Thai Technique 21:00 - 22:00		Muay Thai Core 21:00 - 22:00		Muay Thai Sparring 21:00 - 22:00	
Gym Closed									

PINEAPPLE MMA

For booking & enquiries
Chat with us on WhatsApp
+65 8850 6387

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1 Selegie Road
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