Muay U 2020

[www.muayu.com.au](http://www.muayu.com.au)

Level 1, 136 Gladstone Street, Fyshwick, Canberra

[facebook.com/muayucanberra](http://www.facebook.com/muayucanberra)

Instagram.com/muayucanberra

Monday

6:00 AM – 6:45 AM – Muay Thai (All Experience)

4:30 PM – 5:15 PM - Junior & Teenage Muay Thai

5:30 PM – 6:30 PM - Muay Thai (All Experience)

5:30 PM – 6:30 PM - Muay Thai for Beginners

6:30 PM – 7:30 PM – Padwork

7:30PM – 8:00 PM – Sparring (Must do Padwork)

Tuesday

6:00 AM – 6:45 AM – Fighters

1:00 PM – 1:45 PM – Muay Thai (All Experience)

4:30 PM – 5:15 PM Junior & Teenage Muay Thai

5:30 PM – 6:30 PM - Padwork

6:00 PM – 7:30 PM - Muay Thai (Development/Intermediate & Fighters)

6:30 PM – 7:30 PM - Muay Thai

Wednesday

6:00 AM – 6:45AM – Muay Thai (All Experience)

5:30 PM – 6:30PM - Muay Thai (All Levels)

5:30 PM – 6:30PM - Muay Thai for Beginners

6:30 PM – 7:30PM – Padwork

7:30PM – 8:00PM – Sparring (Must do Padwork)

Thursday

6:00 AM – 7:00 AM – Fighters

1:00 PM – 1:45 PM – Muay Thai (All Experience)

4:30 PM – 5:15 PM Junior & Teenage Muay Thai

5:30 PM – 6:30 PM - Padwork

6:00 PM – 7:30 PM - Muay Thai (Development/Intermediate & Fighters)

6:30 PM – 7:30 PM – Beginners Sparring & Clinching

Friday

6:00 AM – 6:45 AM – Muay Thai (All Experience)

4:30 PM – 6:30 PM – Thai Style

Saturday

8:00 AM – 8:45 AM – Muay Thai

9:00 AM - 10:30 AM – Fighters

11:00 AM – 11:45 AM – Junior & Teenage Muay Thai

12:00 PM – 1:00 PM – Muay Thai (All Experience)

Sunday

Personal training available seven days a week, including Sunday!