

Time Table (K.T)

Opening Hour
 Mon ~ Fri 12:00 - 23:30
 Sat 10:00 - 18:00
 Sun 12:30 - 18:30

Tel: 2950 0096

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*** 10:15am - 11:25am 泰拳班 Thai Boxing Class				10:30am - 11:40am 泰拳班 Thai Boxing Class	
*** 每堂需預早預約(特別注意早上10:15課堂需於前一天的晚上8:00前預約) ***						
12:30pm - 1:40pm 泰拳班 Thai Boxing Class	12:30pm - 1:40pm 泰拳班 Thai Boxing Class	12:30pm - 1:40pm 泰拳班 Thai Boxing Class	12:30pm - 1:40pm 泰拳班 Thai Boxing Class	12:30pm - 1:40pm 泰拳班 Thai Boxing Class		
3:00pm - 4:10pm 泰拳班 Thai Boxing Class	3:30pm - 4:40pm 泰拳班 Thai Boxing Class	3:00pm - 4:10pm 泰拳班 Thai Boxing Class	3:30pm - 4:40pm 泰拳班 Thai Boxing Class	2:00pm - 4:00pm 高密度泰拳班 High-Intensity Thai Boxing Class (3:30pm - 4:00pm) 搏擊技巧訓練 Sparring	12:15pm - 1:25pm 泰拳班 Thai Boxing Class	
5:00pm - 6:10pm 泰拳班 Thai Boxing Class	5:00pm - 6:10pm 泰拳班 Thai Boxing Class	5:00pm - 6:10pm 泰拳班 Thai Boxing Class	5:00pm - 6:10pm 泰拳班 Thai Boxing Class	5:00pm - 6:10pm 泰拳班 Thai Boxing Class	2:00pm - 3:10pm 泰拳班 Thai Boxing Class	12:40pm - 1:50pm 泰拳班 Thai Boxing Class
6:30pm - 7:40pm 泰拳班 Thai Boxing Class	6:30pm - 7:40pm 泰拳班 Thai Boxing Class	6:30pm - 7:40pm 泰拳班 Thai Boxing Class	6:30pm - 7:40pm 泰拳班 Thai Boxing Class	6:30pm - 7:40pm 泰拳班 Thai Boxing Class	3:10pm - 4:20pm 泰拳班 Thai Boxing Class	1:50pm - 3:00pm 泰拳班 Thai Boxing Class
7:40pm - 8:50pm 泰拳班 Thai Boxing Class	7:40pm - 8:50pm 泰拳班 Thai Boxing Class	7:40pm - 8:50pm 泰拳班 Thai Boxing Class	7:40pm - 8:50pm 泰拳班 Thai Boxing Class	7:40pm - 8:50pm 泰拳班 Thai Boxing Class	4:20pm - 5:30pm 泰拳班 Thai Boxing Class	3:00pm - 4:10pm 泰拳班 Thai Boxing Class
8:50pm - 10:00pm 泰拳班 Thai Boxing Class	8:50pm - 11:10pm 高密度泰拳班 High-Intensity Thai Boxing Class	8:50pm - 10:00pm 泰拳班 Thai Boxing Class	8:50pm - 10:00pm 泰拳班 Thai Boxing Class	8:50pm - 11:10pm 高密度泰拳班 High-Intensity Thai Boxing Class		4:10pm - 5:20pm 泰拳班 Thai Boxing Class
10:00pm - 11:10pm 泰拳班 Thai Boxing Class	(10:30pm - 11:10pm) 搏擊技巧訓練 Sparring	10:00pm - 11:10pm 泰拳班 Thai Boxing Class		(10:30pm - 11:10pm) 搏擊技巧訓練 Sparring		5:20pm - 6:30pm 泰拳班 Thai Boxing Class

Beginner Boxing Class - 只適合初學人仕參與

泰拳班 - 基本體能及沙包訓練, 適合各類人仕參與

高密度泰拳班 - 超高強度沙包, 體能及技巧訓練, 適合有興趣參賽或體驗拳手訓練體之人仕參與

Updated on 16 Sep 2017