



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

									Tel: 2950 0096		
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
		*** 10:15am - 11:25am									
		泰拳班								10:30am - 11:40am	
			71							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 ***										Thai Boxing Class	
12:30pm - 1:40pm		12:30pm - 1:40pm		12:30pm - 1:40pm		12:30pm - 1:40pm		12:30pm - 1:40pm			
泰拳班		泰拳班		泰拳班		泰拳班		泰拳班			
Thai Boxing Class		Thai Boxing Class		Thai Boxing Class		Thai Boxing Class		Thai Boxing Class			
3:00pm - 4:10pm				3:00pm - 4:10pm				2:00pm - 4:00pm		12:15pm - 1:25pm	
泰拳班		3:30pm - 4:40pm		泰拳班		3:30pm - 4:40pm		高密度泰拳班		泰拳班	
Thai Boxing Class		泰拳班		Thai Boxing Class		泰拳班		High-Intensity Thai Boxing Class		Thai Boxing Class	10.10
		Thai Boxing Class				Thai Boxing Class		(3:30pm - 4:00pm)			12:40pm - 1:50pm
								搏撃技巧訓練			泰拳班
5:00pm - 6:10pm		5:00pm - 6:10pm		5:00pm - 6:10pm		5:00pm - 6:10pm		Sparring 5:00pm - 6:10pm		2:00pm - 3:10pm	Thai Boxing Class 1:50pm - 3:00pm
5.00pin - 0.10pin 泰拳班		5.00pm - 0.10pm 泰拳班		5.00pm - 0.10pm 泰拳班		5.00piii - 0.10piii 泰拳班		5.00piii - 0.10piii 泰拳班		2.00piii - 3.10piii 泰拳班	表拳班
Thai Boxing Class		Thai Boxing Class		Thai Boxing Class		Thai Boxing Class		Thai Boxing Class		Thai Boxing Class	Thai Boxing Class
6:30pm - 7:40pm		6:30pm - 7:40pm		6:30pm - 7:40pm		6:30pm - 7:40pm		6:30pm - 7:40pm		3:10pm - 4:20pm	3:00pm - 4:10pm
	ginner	泰拳班	Beginner	泰拳班	Beginner	泰拳班	Beginner	泰拳班	Beginner	泰拳班	泰拳班
Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Thai Boxing Class
7:40pm - 8:50 <u>pm</u>		7:40pm - 8:50pm		7:40pm - 8:50 <u>pm</u>		7:40pm - 8:50pm		7:40pm - 8:50	Opm	4:20pm - 5:30pm	4:10pm - 5:20pm
191 9 1922	ginner	泰拳班	Beginner	泰拳班	Beginner	泰拳班	Beginner	泰拳班	Beginner	泰拳班	泰拳班
	Class	Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Class	Thai Boxing Class	Thai Boxing Class
8:50pm - 10:00pm		8:50pm - 11:10pm		8:50pm - 10:00pm		8:50pm - 10:00pm		8:50pm - 11:10pm			5:20pm - 6:30pm
泰拳班		高密度泰拳班		泰拳班		泰拳班		高密度泰拳班			泰拳班
Thai Boxing Class		High-Intensity Thai Boxing Class		Thai Boxing Class		Thai Boxing Class		High-Intensity Thai Boxing Class			Thai Boxing Class
10:00pm - 11:10pm		(10:30pm - 11:10pm)		10:00pm - 11:10pm				(10:30pm - 11:10pm)			
泰拳班		搏擊技巧訓練		泰拳班				搏擊技巧訓練			
Thai Boxing Class		Sparring		Thai Boxing Class				Sparring			

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