



NITRIXX
BANKSTOWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:00am	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	ALL LEVELS KICKBOXING	7:00am	ALL LEVELS MUAY THAI
10:00am	WOMENS ONLY ALL LEVELS MUAY THAI	WOMENS ONLY ALL LEVELS MUAY THAI		WOMENS ONLY ALL LEVELS MUAY THAI		8:00am	ALL LEVELS FUNDAMENTALS MUAY THAI
12:00pm	ALL LEVELS MUAY THAI	ALL LEVELS SPARRING	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	8:30am	JUNIORS FIGHTERS ONLY CLASS
4:00pm	KIDS MUAY THAI	KIDS MUAY THAI	KIDS MUAY THAI	KIDS MUAY THAI	KIDS SPARRING UNDER 9	12:00pm	FIGHTERS ONLY CLASS
4:40pm	KIDS MUAY THAI	KIDS MUAY THAI	KIDS MUAY THAI	KIDS MUAY THAI	KIDS SPARRING OVER 9		
5:30pm	ALL LEVELS MUAY THAI	ALL BEGINNERS MUAY THAI	TEENS AND BEGINNER SPARRING	BEGINNERS MUAY THAI	BEGINNERS MUAY THAI		
6:00pm	FIGHTERS	FIGHTERS	FIGHTERS	FIGHTERS	FIGHTERS		
6:30pm	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	INTERMEDIATE /ADVANCED SPARRING	ALL LEVELS MUAY THAI	ALL LEVELS KICKBOXING		
					BOXING SPARRING (SELECTED)		
7:30pm	ALL LEVELS BOXING	ALL LEVELS BOXING	ALL LEVELS BOXING	ALL LEVELS BOXING	NOT AVAILABLE		
	ALL LEVELS CLINCH CLASS	ALL LEVELS CLINCH CLASS	ALL LEVELS CLINCH CLASS	ALL LEVELS CLINCH CLASS			
7:45pm					WOMENS ONLY ALL LEVELS MUAY THAI		
8:00pm			ADVANCED THAI TECH				



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7:45pm					WOMENS ONLY ALL LEVELS MUAY THAI

CLASS REQUIREMENTS

KIDS

- Hand Wraps
- Gloves
- Grading Singlet
- Muay Thai Shorts

MUAY THAI / KICKBOXING

- Hand Wraps
- Gloves
- Grading Singlet
- Muay Thai Shorts
- Shinguards

BOXING

- Hand Wraps
- Gloves
- Grading Tee