

SUKHARI MUAY THAI GROUP CLASS TIMETABLE

Effective from September 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00am						8:00am WOMEN'S CLASS Spring
9:15am –10am (45mins)						9:15am KIDS CLASS 5-13yrs Somchai
10:00-11:00am						10:00am ALL LEVELS Somchai
4:30 – 5:15pm (45mins)	4:30pm KIDS CLASS 5-13yrs Somchai	4:30pm KIDS CLASS 5-13yrs Somchai	4:30pm KIDS CLASS 5-13yrs Somchai	4:30pm KIDS CLASS 5-13yrs Conor		
6:00-7:00PM	6:00pm ALL LEVELS Bak	6:00pm ALL LEVELS Bak	6:00pm ALL LEVELS Louie	6:00pm ALL LEVELS Conor	6:00pm ADVANCED Bak	
7:00-8:00PM	7:00pm ADVANCED Conor	7:00pm ALL LEVELS Bak	7:00pm ALL LEVELS Bak	7:00pm ALL LEVELS Bak		

