

# TEAM CHONGI TIMETABLE



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>MINI CHONGI'S</b> <b>09:00 - 09:30</b> 4-7 YRS COACH: MARK	
					<b>CHONGI DYNAMO'S</b> <b>09:45 - 10:30</b> 7-11 YRS COACH: MARK	<b>OLYMPIC BOXING</b> <b>9:45 - 10:45</b> COACH: DAN
	<b>CHONGI DYNAMO'S</b> <b>16:30 - 17:15</b> 7-11 YRS COACH: MARK	<b>KID'S KARATE</b> <b>16:30 - 17:30</b> COACH: MATT			<b>KIDS SPARRING</b> <b>10:30 - 11:15</b> COACH: MARK	<b>THAI BOXING</b> <b>11:00 - 12:00</b> COACH: WILL
<b>NOVICE THAI BOXING</b> <b>18:00 - 19:00</b> 12+ YRS   COACH: MARK	<b>KID'S BOXING</b> <b>17:30 - 18:15</b> 4-11 YRS COACH: DAN & JACK	<b>NOVICE THAI BOXING</b> <b>18:00 - 19:00</b> 12+ YRS   COACH: MARK	<b>KID'S BOXING</b> <b>17:30 - 18:15</b> 4-11 YRS COACH: DAN & JACK	<b>KID'S FITNESS</b> <b>16:30 - 17:00</b> COACH: LOUISE	<b>KARATE</b> <b>11:45 - 12:45</b> COACH: MATT	
<b>ADVANCED THAI BOXING</b> <b>19:15 - 20:15</b> COACH: MARK	<b>OLYMPIC BOXING</b> <b>18:30 - 19:30</b> 12+ YRS COACH: DAN / MARK	<b>ADVANCED THAI BOXING</b> <b>19:15 - 20:15</b> COACH: MARK	<b>MMA</b> <b>18:25 - 19:10</b> COACH: SHAUN	<b>MIXED THAI BOXING</b> <b>18:00 - 19:00</b> COACH: MARK		
	<b>FOUNDATION BJJ</b> <b>19:45 - 20:45</b> COACH: CASEY		<b>FOUNDATION BJJ</b> <b>19:15 - 20:15</b> COACH: CASEY	<b>OLYMPIC BOXING</b> <b>19:15 - 20:15</b> COACH: DAN		
	<b>ADVANCED BJJ</b> <b>20:45 - 21:45</b> COACH: CASEY		<b>ADVANCED BJJ</b> <b>20:15 - 21:00</b> COACH: CASEY			