



WAIKATO THAI KICKBOXING



Beginner	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
General	6.30pm - 7.30pm	7.30pm - 8.30pm	6.30pm - 7.30pm			
Technique				6.30pm - 7.30pm		
Boxing (March- November)						6.30pm - 7.30pm
Intermediate	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
General	7.30pm - 9.00pm		7.30pm - 9.00pm			
Sparring		7.30pm - 9.00pm				
Technique				7.30pm - 9.00pm		
Boxing (March- November)						7.30pm - 9.00pm
Advanced	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
General	7.30pm - 9.30pm		7.30pm - 9.30pm			
Sparring		7.30pm - 9.30pm				
Technique				7.30pm - 9.30pm		
Boxing (March- November)						7.30pm - 9.30pm
Fighter	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
General	7.30pm - 9.30pm		7.30pm - 9.30pm		6.30pm - 8.30pm	
Sparing		7.30pm - 9.30pm				
Technique				7.30pm - 9.30pm		
Boxing (March- November)						7.30pm - 9.30pm

Venue - Knighton Normal School Hall Knighton Road, Hillcrest Hamilton, New Zealand

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