

MUAY THAI KALI JEET KUNE DO

MKG Southampton 2018 Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PT Sessions 06:00 – 09:00	PT Sessions 06:00 – 09:00	PT Sessions 06:00 – 09:00	PT Sessions 06:00 – 09:00	PT Sessions 06:00 – 09:00	PT Sessions 06:00 – 08:30	PT Sessions 09:00 – 17:00
Bourne Training Flex & Tone 09:30 – 10:30	MKG Phase 09:30 – 10:30	Bourne Training Flex & Tone 09:30 – 10:30	MKG Phase 09:30 – 10:30	Ladies Kickboxing 09:30 – 10:30	MKG Kids 09:00 – 09:45	
PT Sessions 11:00 – 18:30	Windward Day Services 13:30 – 14:30	PT Sessions 11:00 – 18:30	PT Sessions 11:00 – 16:00	Active Ability 13:30 – 14:30	MKG Teens 10:00 – 10:45	
	MKG Kids 16:15 – 17:00		MKG Kids 16:15 – 17:00	PT Sessions 15:00 – 18:00	PT Sessions 11:00 – 17:00	
	MKG Teens 17:15 – 18:00		MKG Teens 17:15 – 18:00	MKG Drill Rounds 18:00 – 19:00		
Ladies Kickboxing 19:00 – 20:00	Muay Thai 19:00 – 20:00	Ladies Kickboxing 19:00 – 20:00	Muay Thai 19:00 – 20:00	Sparring 19:00 – 20:00		
Ghost Elusive Combat 20:00 – 21:00	Kali 20:00 – 21:00	Jun Fan Jeet Kune Do 20:00 – 21:00	Kali 20:00 – 21:00			
Ghost - Sparring 21:00 – 21:30						