

APEX

BOXING, MMA & MUAY THAI SCHEDULE 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents	
7:00 - 8:00	Ladies Only Boxing		Ladies Only Boxing		Ladies Only Boxing	
9:00 - 10:00						Boxing Sparring
16:00 - 17:00	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents		
17:30 - 18:30	Ladies Only Boxing	Ladies Only Boxing	Ladies Only Boxing	Ladies Only Boxing		
	Muay Thai	MMA	Muay Thai	MMA		
18:30 - 19:30	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents	Boxing Ladies & Gents		