



# ★ FIGHTING LAB BANGKOK SCHEDULE ★



MON	TUE		WED		THU		FRI		SAT	SUN
13:00 OPEN	MUAY THAI FIT 10:00-10:50 <b>ODD</b>		MUAY THAI FIT 10:00-10:50 <b>PHET</b>		MUAY THAI FIT 10:00-10:50 <b>PHET</b>		MUAY THAI FIT 10:00-10:50 <b>ODD</b>		※1 hour per 1 lesson 1レッスン 約1時間  13:00 OPEN	
	MUAY THAI FIT 11:00-11:50 <b>ODD</b>		MUAY THAI FIT 11:00-11:50 <b>PHET</b>		MUAY THAI FIT 11:00-11:50 <b>PHET</b>		MUAY THAI FIT 11:00-11:50 <b>ODD</b>			
MUAY THAI FIT 13:00-13:50 <b>ODD</b>	MUAY THAI FIT 13:00-13:50 <b>KYO</b>		MUAY THAI FIT 13:00-13:50 <b>KYO</b>		MUAY THAI FIT 13:00-13:50 <b>PHET</b>		MUAY THAI FIT 13:00-13:50 <b>KYO</b>		MUAY THAI FIT <b>KYO</b> (3~6yrs) <b>PHET</b>	MUAY THAI FIT 13:00-13:50 <b>PHET</b>
MUAY THAI FIT 14:00-14:50 <b>ODD</b>	MUAY THAI FIT 14:00-14:50 <b>KYO</b>		MUAY THAI FIT 14:00-14:50 <b>PHET</b>		MUAY THAI FIT 14:00-14:50 <b>PHET</b>		MUAY THAI FIT 14:00-14:50 <b>TAE</b>		MUAY THAI FIT <b>PHET</b> (7~12yrs) <b>KYO</b>	MUAY THAI FIT 14:00-14:50 <b>KYO</b>
MUAY THAI FIT 15:00-15:50 <b>ODD</b>	MUAY THAI FIT 15:00-15:50 <b>KYO</b>		MUAY THAI FIT 15:00-15:50 <b>PHET</b>		MUAY THAI FIT 15:00-15:50 <b>PHET</b>		MUAY THAI FIT 15:00-15:50 <b>TAE</b>		MUAY THAI FIT 15:00-15:50 <b>PHET</b>	MUAY THAI FIT 15:00-15:50 <b>PHET</b>
Body Make Training 16:00-16:50 <b>KOBA</b>	MUAY THAI FIT <b>ODD</b>	KIDS MUAY (3~6yrs) <b>KOBA</b>	Beginner MUAYTHAI <b>KOBA</b>	KIDS MUAY (3~6yrs) <b>PHET</b>	MUAY THAI FIT <b>TAE</b>	KIDS MUAY (3~6yrs) <b>ODD</b>	MUAY THAI FIT <b>TAE</b>	KIDS MUAY (3~6yrs) <b>KOBA</b>	MUAY THAI FIT 16:00-16:50 <b>PHET</b>	MUAY THAI FIT 16:00-16:50 <b>KYO</b>
Beginner MUAYTHAI 17:00-17:50 <b>KOBA</b>	MUAY THAI FIT <b>ODD</b>	KIDS MUAY (7~12yrs) <b>KOBA</b>	Beginner MUAYTHAI <b>KOBA</b>	KIDS MUAY (7~12yrs) <b>PHET</b>	MUAY THAI FIT <b>TAE</b>	KIDS MUAY (7~12yrs) <b>ODD</b>	MUAY THAI FIT <b>PHET</b>	KIDS MUAY (7~12yrs) <b>KOBA</b>	Beginner MUAYTHAI 17:00-17:50 <b>KOBA</b>	MUAY THAI FIT 17:00-17:50 <b>PHET</b>
18:00 CLOSE	MUAY THAI FIT 18:00-18:50 <b>PHET</b>		Beginner BOXING 18:00-18:50 <b>KOBA</b>		MUAY THAI FIT 18:00-18:50 <b>ODD</b>		MUAY THAI FIT 18:00-18:50 <b>PHET</b>		18:00 CLOSE  ※STEP UP MUAYTHAI practice the correct form.  ステップアップクラスは正しい フォームを練習するクラスです。	
	MUAY THAI FIT 19:00-19:50 <b>PHET</b>		Beginner MUAYTHAI 19:00-19:50 <b>KOBA</b>		Beginner BOXING 19:00-19:50 <b>KOBA</b>		MUAY THAI FIT 19:00-19:50 <b>PHET</b>			
	Beginner BOXING 20:00-20:50 <b>KOBA</b>		STEP UP MUAYTHAI 20:00-20:50 <b>KOBA</b>		Beginner MUAYTHAI 20:00-20:50 <b>KOBA</b>		STEP UP MUAYTHAI 20:00-20:50 <b>KOBA</b>			