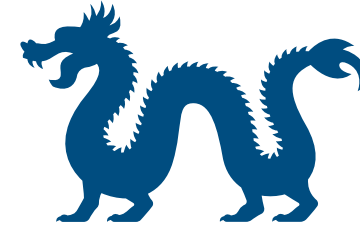


# Sanda Class Schedule



<b>Monday</b>	<b>05:30 - 06:30</b> Morning Run	<b>08:00 - 10:00</b> Boxing	<b>14:00 - 16:30</b> Boxing Combinations	<b>18:30 - 19:30</b> Abdominal Workout
<b>Tuesday</b>	<b>05:30 - 06:30</b> Morning Run	<b>08:00 - 10:00</b> Leg Strength Training	<b>14:00 - 16:30</b> Foot Work	<b>18:30 - 19:30</b> Abdominal Workout
<b>Wednesday</b>	<b>05:30 - 06:30</b> Morning Run	<b>08:00 - 10:00</b> Foot Work	<b>14:00 - 16:30</b> Boxing Combinations	<b>18:30 - 19:30</b> Shoulder & Back muscle focus
<b>Thursday</b>	<b>05:30 - 06:30</b> Morning Run	<b>08:00 - 10:00</b> Punching Combinations	<b>14:00 - 16:30</b> 15 km Run	<b>18:30 - 19:30</b> Legs Focus
<b>Friday</b>	<b>05:30 - 06:30</b> Morning Run	<b>08:00 - 10:00</b> Sparring	<b>14:00 - 16:30</b> No Training	<b>18:30 - 19:30</b> No Training