

IMMARU

MONDAY

ALL LEVELS

07.00 - 07.30

Run (Optional)

(Immaru-Canggu Beach)

ALL LEVELS

07:30 - 08:00

Clinching

ALL LEVELS

08.00 - 09.00

Muay Thai / K - 1 Pad Work

ALL LEVELS

09.30 - 10.30

Boxing Pad Work

ALL LEVELS

16.00 - 17.00

Muay Thai / K - 1 Pad Work

ALL LEVELS

17:30 - 18:30

Boxing Pad Work

IMMARU

TUESDAY

ALL LEVELS

07:00 - 07:30

Run (Optional)

(Immaru-Lima Beach)

ALL LEVELS

08:00 - 09.00

K - 1 / Muay Thai

Sparring & Defense Drills

ALL LEVELS

09:30 - 10:30

Boxing Pad Work

ALL LEVELS

16:00 - 17:00

Mixed Drills

Muay Thai/K1/Boxing

ALL LEVELS

17:30 - 18:30

Mixed Pads

Boxing/K1/Muay Thai

IMMARU

WEDNESDAY

ALL LEVELS

08:00 - 09:00

Muay Thai / K -1 Pad Work

ALL LEVELS

09:30 - 10:30

Boxing Pad Work

ALL LEVELS

15:00 - 16:00

Explosive Strength

ALL LEVELS

16:00 - 17:00

Boxing Pad Work

ALL LEVELS

17:30 - 18:30

Muay Thai / K - 1 Pad Work

IMMARU

THURSDAY

ALL LEVELS

07:00 - 07:30

Run (Optional)

(Immaru-Canggu Beach)

ALL LEVELS

07:30 - 08:00

Clinching

ALL LEVELS

08:00 - 09:00

Muay Thai Fundamentals

ALL LEVELS

09:30 - 10:30

Boxing

Foot Work

ALL LEVELS

16:00 - 17:00

Mixed Drills

Muay Thai/K-1/Boxing

ALL LEVELS

17:30 - 18:30

Mixed Pads

Boxing/K-1/Muay Thai

IMMARU

FRIDAY

ALL LEVELS

08:00 - 09:00

Sparring & Defense Drills

Muay Thai/K-1

ALL LEVELS

09:30 - 10:30

Boxing Drills

ALL LEVELS

16:00 - 17:00

Boxing Pad Work

ALL LEVELS

17:30 - 18:30

Muay Thai / K-1 Pad Work

IMMARU

SATURDAY

ALL LEVELS

09:30 - 10:30

ALL LEVELS

11:00 - 12:00

Mixed Pad Work

Muay Thai/K-1/Boxing

Circuit Training

IMMARU

SUNDAY

ALL LEVELS

07:00 - 15:00

Open Gym & Recovery