

KBF 課程時間表

TIME DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15:30 16:30	PT	PT	PT	PT	PT	THAI BOXING
16:30 17:30	PT	PT	PT	PT	PT	THAI BOXING
17:30 18:30	PT	PT	PT	PT	PT	THAI BOXING
18:30 19:30	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	休息
19:30 20:30	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	休息
20:30 21:30	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	休息