



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm	Kids Kickboxing (12 Years & Under)	Kids Kickboxing (12 Years & Under)	Kids Kickboxing (12 Years & Under)		Kids Sparring (12 Years & Under)	All Levels Muay Thai 8:00AM
5:30pm	K1 Kickboxing All Levels	Beginners Kickboxing	Strength, Core & Conditioning Class	Beginners Muay Thai Kickboxing	Beginners Muay Thai Kickboxing	Yoga 9:00AM
6:30pm	Intermediate Muay Thai	All Levels Boxing	All Levels Sparring Session	All Levels Muay Thai Kickboxing	Intermediate Muay Thai Kickboxing	
	Fighters Sparring					
7:30pm	Strength, Core & Conditioning Class	All Levels Muay Thai Kickboxing	All Levels K1 Kickboxing	All Levels Boxing		
	Intermediate Clinch Class					