



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