

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:30am	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI		ALL LEVELS MUAY THAI	ALL LEVELS KICKBOXING	7:00am	ALL LEVELS MUAY THAI
10:00am		WOMENS ONLY ALL LEVELS MUAY THAI		WOMENS ONLY ALL LEVELS MUAY THAI	WOMENS ONLY ALL LEVELS MUAY THAI	8:00am	ALL LEVELS FUNDAMENTALS MUAY THAI
12:00pm	ALL LEVELS MUAY THAI	ALL LEVELS SPARRING	ALL LEVELS MUAY THAI		ALL LEVELS MUAY THAI	8:30am	JUNIORS FIGHTERS ONLY CLASS
4:10pm	KIDS MUAY THAI	KIDS MUAY THAI	KIDS MUAY THAI	4:30pm KIDS SPARRING	4:30pm KIDS SPARRING	12:00pm	FIGHTERS ONLY CLASS
4:50pm	KIDS MUAY THAI	KIDS MUAY THAI	KIDS MUAY THAI	5-8 years	9-12 years		
5:30pm	ALL LEVELS KICKBOXING	BEGINNERS KICKBOXING	TEENS AND BEGINNER SPARRING	BEGINNERS MUAY THAI	BEGINNERS MUAY THAI		
6:30pm	ALL LEVELS MUAY THAI	ALL LEVELS BOXING	INTERMEDIATE /ADVANCED SPARRING	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI		
	FIGHTERS TRAINING	FIGHTERS TRAINING		FIGHTERS TRAINING	BOXING SPARRING (SELECTED)		
7:30pm	ALL LEVELS BOXING	ALL LEVELS KICKBOXING	ALL LEVELS MUAY THAI	ALL LEVELS BOXING			
	ALL LEVELS CLINCH CLASS	ALL LEVELS CLINCH CLASS		ALL LEVELS CLINCH CLASS			
7:45pm					WOMENS ONLY ALL LEVELS MUAY THAI		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am		WOMENS ONLY ALL LEVELS MUAY THAI		WOMENS ONLY ALL LEVELS MUAY THAI	WOMENS ONLY ALL LEVELS MUAY THAI
7:45pm					WOMENS ONLY ALL LEVELS MUAY THAI

CLASS REQUIREMENTS

KIDS	MUAY THAI / KICKBOXING	BOXING
<ul style="list-style-type: none"> • Hand Wraps • Gloves • Grading Singlet • Muay Thai Shorts 	<ul style="list-style-type: none"> • Hand Wraps • Gloves • Grading Singlet • Muay Thai Shorts • Shinguards 	<ul style="list-style-type: none"> • Hand Wraps • Gloves • Grading Tee