



CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI
1000 - 1045	BOXING	MUAY THAI	BOXING	C L O S E	BOXING
1045 - 1130	MUAY THAI SPARRING	BOXING SPARRING	MUAY THAI		MUAY THAI
1130 - 1215	BOXING	MUAY THAI	BOXING		BOXING
1215 - 1300	MUAY THAI	BOXING	MUAY THAI		MUAY THAI
1745 - 1830	BOXING	KIDS MT 5-11YRS	HIIT		MUAY THAI
1830 - 1930	BOXING	MUAY THAI	MUAY THAI		NO GI GRAPPLING
1930 - 2030	MUAY THAI	BOXING	MUAY THAI		BOXING
2030 - 2130	MUAY THAI	NO GI GRAPPLING	BOXING SPARRING		MUAY THAI SPARRING

TIME	SAT	SUN
1000 - 1045	MUAY THAI	KIDS MT 5-11YRS
1045 - 1130	KIDS MT 5-11YRS	BOXING
1130 - 1230	BOXING	MUAY THAI
1230 - 1330	MUAY THAI	BOXING
1330 - 1430	MUAY THAI SPARRING	BOXING SPARRING
1430 - 1530	NO GI GRAPPLING	NO GI GRAPPLING

*All classes are beginner-friendly

*Sparring classes are open to Intermediate levels and above