

SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-1:00 PM Adult Muay Thai	Competition Team	12:00-1:00 PM Adult Muay Thai	Personal Training	12:00-1:00 PM Adult Muay Thai	10:00 - 11:00 AM Kids All Ages Muay Thai	Personal Training
5:00 - 5:45 PM 6-9 Years Muay Thai	6:00 - 7:00 PM Fight Fit HIIT	5:00 - 5:45 PM 6-9 Years Muay Thai	6:00 - 7:00 PM Fight Fit HIIT	5:00 - 5:45 PM 6-9 Years Muay Thai	11:15AM- 12:15PM Adult Muay Thai	Personal Training
6:00 - 7:00 PM 10-14 Years Muay Thai	7:15 - 8:15 PM Adult Muay Thai	6:00 - 7:00 PM 10-14 Years Muay Thai	7:15 - 8:15 PM Adult Muay Thai	6:00 - 7:00 PM 10-14 Years Muay Thai	12:15 - 1:30 PM Open Mat	Personal Training
7:15 - 8:15 PM Adult Muay Thai	8:15 - 9:30 PM Open Mat	7:15 - 8:15 PM Adult Muay Thai	8:15 - 9:30 PM Open Mat	7:15 - 8:15 PM Adult Muay Thai	Competition Team	Personal Training