



SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 pm FIGHT FIT HIIT	5:30 - 6:30 pm KIDS MUAY THAI/ KICKBOXING/ BOXING	6:00 - 7:00 pm FIGHT FIT HIIT	5:30 - 6:30 pm KIDS MUAY THAI/ KICKBOXING/ BOXING	6:00 - 7:00 pm FIGHT FIT HIIT	10:00 - 11:00 am KIDS MUAY THAI/ KICKBOXING/ BOXING	*PERSONAL TRAINING* <u>Appointment Only</u>
7:15 - 8:15 pm MUAY THAI / KICKBOXING	6:45 - 7:45 pm MUAY THAI / KICKBOXING	7:15 - 8:15 pm MUAY THAI / KICKBOXING	6:45 - 7:45 pm MUAY THAI / KICKBOXING	7:15 - 8:15 pm MUAY THAI / KICKBOXING	11:15 - 12:15 pm MUAY THAI / KICKBOXING	
8:30 - 9:30 pm MUAY THAI / KICKBOXING	8:00 - 9:00 pm MUAY THAI / KICKBOXING	8:30 - 9:30 pm OPEN MAT	8:00 - 9:00 pm MUAY THAI / KICKBOXING	8:30 - 9:30 pm MUAY THAI / KICKBOXING	12:30 - 1:00 pm OPEN MAT	

EFFECTIVE APRIL 11, 2022

Open Mat *use the gym facility at your leisure*