

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 - 1:00 PM Adult Muay Thai		12:00 - 1:00 PM Adult Muay Thai		12:00 - 1:00 PM Adult Muay Thai	10:00 - 11:00 AM Kids All Ages Muay Thai	Personal Training (Appointment only)
5:00 - 5:45 PM 4-9 Years old Jr Kids Muay Thai	6:00 - 7:00 PM Fight Fit HIIT Strength and Conditioning	5:00 - 5:45 PM 4-9 Years old Jr Kids Muay Thai	6:00 - 7:00 PM Fight Fit HIIT Strength and Conditioning	5:00 - 5:45 PM 4-9 Years old Jr Kids Muay Thai	11:15AM- 12:30PM Adult Muay Thai	
6:00 - 7:00 PM 10-14 Years old Sr Kids Muay Thai	7:15 - 8:30 PM Adult Muay Thai	6:00 - 7:00 PM 10-14 Years old Sr Kids Muay Thai	7:15 - 8:30 PM Adult Muay Thai	6:00 - 7:00 PM 10-14 Years old Sr Kids Muay Thai	12:30 - 2:00 PM Open Mat Sparring Clinching	
7:15 - 8:30 PM Adult Muay Thai	8:15 - 9:30 PM Open Mat Sparring Clinching	7:15 - 8:30 PM Adult Kickboxing	8:15 - 9:30 PM Open Mat Sparring Clinching	7:15 - 8:30 PM Adult Boxing		