



# MUAY THAI SCHEDULE

EFFECTIVE JANUARY 1ST, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI KICKBOXING	6 AM - 7 AM (All)		6 AM - 7 AM (All)		6 AM - 7 AM (All)		
	9 AM - 10 AM (All)	9 AM - 10 AM (All)	9 AM - 10 AM (All)	9 AM - 10 AM (All)	9 AM - 10 AM (All)	Sparring @ Noon (6 months training required)	CLOSED
	5 PM - 6 PM (B)	5 PM - 6 PM (B)	5 PM - 6 PM (B)	5 PM - 6 PM (B)	5 PM - 6 PM (B)		
	7 PM - 8:30 PM (Adv)	7 PM - 8:30 PM (Adv)	7 PM - 8:30 PM (Adv)	7 PM - 8:30 PM (Adv)	7 PM - 8:00 PM (Adv)		

*\*This schedule may be subject to change\**

(All) = All skill levels welcome  
 (B) = Beginners  
 (Adv) = Advanced  
 Orientation = First Time Students

**Must have Clean Uniform**  
**Uniform:** any Apex Top, Thai Shorts  
**Please have good hygiene**  
**Please bring gym flip flops/sliders**  
**Sparring REQUIRES 6 months of training**  
**Students must have:** Gloves, Shinguards, Handwraps, Mouthpiece, Elbow Pads, and Knee Pads

**Questions?**  
**Review your student Handbook**  
 "RSVP" to Coach 📞 (720)827-7987

