



MARTIAL ARTS SCHEDULE

EFFECTIVE MAY 15TH, 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI	6 AM - 7 AM (All) 9 AM - 10 AM (All)	9 AM - 10 AM (All) <i>Drilling Class</i> 5 PM - 6 PM	6 AM - 7 AM (All) 9 AM - 10 AM (All)	9 AM - 10 AM (All) <i>Drilling Class</i> 5 PM - 6 PM	6 AM - 7 AM (All) 9 AM - 10 AM (All)	<i>Drilling Class</i> 11 AM - Noon	CLOSED
KICKBOXING	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8 PM (Adv)	Sparring @ Noon (6 months training required)	
BOXING	No Class	No Class	No Class	<i>Boxing (All)</i> 5 PM - 6 PM	No Class	<i>Boxing (All)</i> 10AM - 11AM	<i>Boxing (All)</i> 10AM - 11AM
BRAZILIAN JIU JITSU	No Class	<i>Morning BJJ (All)</i> 6AM - 7AM <i>BJJ (All)</i> 5 PM - 6 PM <i>Rolling (sparring)</i> 6 PM - 6:30 PM	No Class	<i>Morning BJJ (All)</i> 6AM - 7AM <i>BJJ (All)</i> 5 PM - 6 PM <i>Rolling (sparring)</i> 6 PM - 6:30 PM	No Class	<i>BJJ (All)</i> 11AM - Noon Alternating Gi and NoGi - Bring Both	CLOSED
MMA (Mixed Martial Arts)	MMA (All) 7 PM - 8 PM	MMA (All) 7 PM - 8 PM	MMA (All) 7 PM - 8 PM	MMA (All) 7 PM - 8 PM	No Class	No Class	CLOSED
YOGA	<i>Beg./Int.</i> 7 AM - 8 AM	No Class	<i>Beg./Int.</i> 7 AM - 8 AM	No Class	<i>Beg./Int.</i> 7 AM - 8 AM	No Class	CLOSED
YOUTH MUAY THAI	<i>Ages 4 - 8</i> 4:15 PM - 5 PM	No Class	<i>Ages 4 - 8</i> 4:15 PM - 5 PM	No Class	<i>Ages 4 - 8</i> 4:15 PM - 5 PM	No Class	CLOSED
KICKBOXING Ages (4-8, 9-12)	<i>Ages 9 - 12</i> 5 PM - 6 PM	No Class	<i>Ages 9 - 12</i> 5 PM - 6 PM	No Class	<i>Ages 9 - 12</i> 5 PM - 6 PM	No Class	CLOSED

This schedule may be subject to change

(B) = Beginners = White Belts
 (Int/Adv) = Advanced = Colored Belts
 Drilling Class= Only students that have
 Belt Tested, or Competed!

Must have Clean Uniform
 Please have good hygiene
 Please bring gym flip flops/sliders

Sparring REQUIRES 6 months of training
 Rolling REQUIRES 1 Stripe
 Questions?
 Review your student Handbook
 RSVP to coach Phone# to  Coach Ty (720) 762-9549

