



# MARTIAL ARTS SCHEDULE

EFFECTIVE JULY 1ST, 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MUAY THAI</b> <b>KICKBOXING</b>	6 AM - 7 AM (All) 9 AM - 10 AM (All)  6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	9 AM - 10 AM (All)  6 PM - 7 PM (B)	6 AM - 7 AM (All) 9 AM - 10 AM (All)  6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	9 AM - 10 AM (All)  6 PM - 7 PM (B) <b>Self-Defense Class</b>	6 AM - 7 AM (All) 9 AM - 10 AM (All)  6 PM - 7 PM (B) 7 PM - 8 PM (Adv)	Noon - 1 PM (All) (6 months training required)	CLOSED
<b>FLIT &amp; FLEX</b>	10 AM - 11AM	No Class	10 AM - 11AM	No Class	10 AM - 11AM	No Class	CLOSED
<b>WOMEN'S KICKBOXING</b>	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM <b>Self-Defense Class</b>	No Class	11 AM - Noon	CLOSED
<b>YOUTH MUAY THAI KICKBOXING</b> (Ages 4-8, 9-12+)	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM <b>Anti-Bullying Class</b>	No Class	No Class	CLOSED

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

(B) = Beginners = White Belts  
(Int/Adv) = Advanced = Colored Belts

Questions? Call (531) 284-3696

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

