

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)	6 AM - 7 AM (All) 9 AM - 10 AM (All)	9 AM - 10 AM (All)	6 AM - 7 AM (All) 9 AM - 10 AM (All)	Noon - 1 PM (All)	CLOSED
KICKBOXING	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) Self-Defense Class	6 PM - 7 PM (B) 7 PM - 8 PM (Adv)		
WRESTLING	No Class	7 PM - 8 PM	No Class	No Class	No Class	No Class	CLOSED
WOMEN'S KICKBOXING	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM Self-Defense Class	No Class	11 AM - Noon	CLOSED
YOUTH MUAY THAI KICKBOXING (Ages 7-9, 10-13)	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM	5 PM - 6 PM Anti-Bullying Class	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

Questions?
Review your student Handbook

