APEX DENVER | MARTIAL ARTS SCHEDULE
EFFECTIVE SEPTEMBER 1ST, 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI **KICKBOXING**	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) *Drilling Class* 5 PM - 6 PM 6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	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) *Drilling Class* 5 PM - 6 PM 6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 AM - 7 AM (All) 9 AM - 10 AM (All) 6 PM - 7 PM (B) 7 PM - 8 PM (Adv)	*Drilling Class* 10 AM - 11 AM **Sparring @ 12:30PM** (6 months training required)	Open Gym 10 AM - 2 PM
WOMEN'S KICKBOXING & MUAY THAI	No Class	No Class	No Class	No Class	No Class	11 AM - Noon	Open Gym 10 AM - 2 PM
BRAZILIAN JIU JITSU	No Class	*Morning BJJ (All)* 6AM - 7AM *BJJ (All)* 5 PM - 6 PM	No Class	*Morning BJJ (All)* 6AM - 7AM *BJJ (All)* 5 PM - 6 PM	No Class	*BJJ (Open Training)* 9 AM - 10 AM Open Gym Noon - 2 PM	Open Gym 10 AM - 2 PM
MMA (Mixed Martial Arts)	MMA 7 PM - 8 PM	MMA 7 PM - 8 PM	MMA 7 PM - 8 PM	MMA 7 PM - 8 PM	No Class	Open Gym 9 AM - 10:30 AM Noon - 2 PM	Open Gym 10 AM - 2 PM
YOGA	Power Yoga 7 AM - 8 AM	Power Yoga 6 AM - 7 AM	No Class	No Class	Hot Yoga 8:15 PM - 9 PM	Open Gym 9 AM - 10:30 AM Noon - 2 PM	Open Gym 10 AM - 2 PM
YOUTH MUAY THAI KICKBOXING Ages (6-9) (10-13+)	*Ages 6 - 9* 4:15 PM - 5 PM *Ages 10 - 13+* 5 PM - 6 PM	No Class	*Ages 6 - 9* 4:15 PM - 5 PM *Ages 10 - 13+* 5 PM - 6 PM	No Class	*Ages 6 - 9* 4:15 PM - 5 PM *Ages 10 - 13+* 5 PM - 6 PM	No Class	Youth Competition Class Noon - 1 PM

This schedule may be subject to change

(B) Beginners = White Belts

(Adv) Advanced = Green Belts and Above

Drilling Class = Yellow Belts and Above

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

Sparring REQUIRES 6 months of training

Questions?
Review your student Handbook

Questions? Call 📞 Coach Ty (720) 762-9549