



# MARTIAL ARTS SCHEDULE

EFFECTIVE AUGUST 1ST, 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI KICKBOXING	All Levels 6 AM - 7 AM		All Levels 6 AM - 7 AM	All Levels 9 AM	All Levels 6 AM - 7 AM		
		Foundations 5 PM - 6 PM		Foundations 5 PM - 6 PM	All Levels 9 AM	Open Gym 10 AM - 2 PM	Open Gym 10 AM - 1 PM
	Foundations 6 PM - 7 PM	Intermediate (Combos & Drills) 6 PM - 7 PM	Foundations 6 PM - 7 PM	Intermediate (Combos & Drills) 6 PM - 7 PM	Intro to Sparring 6 PM - 7 PM		
	Advanced / Comp Team 7 PM - 8:20 PM	Advanced / Comp Team 7 PM - 8:20 PM	Advanced / Comp Team 7 PM - 8:20 PM	Advanced / Comp Team 7 PM - 8:20 PM	Sparring 7 PM - 8 PM		
YOUTH MARTIAL ARTS	Ages 8-14 5 PM - 6 PM	No Class	Ages 8-14 5 PM - 6 PM	No Class	Ages 8-14 5 PM - 6 PM	Open Gym 10 AM - 2 PM	Competition Class @ Noon
NEW STUDENT ORIENTATION & FIRST LESSON	5:15 PM - 6 PM	No Class	No Class	No Class	5:15 PM - 6 PM	Open Gym 10 AM - 2 PM	Open Gym 10 AM - 1 PM
YOGA					8:15PM TO 9PM		

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

**FOUNDATIONS Muay Thai =**  
0-6 Months Experience -- White Belts & Yellow Belts

**INTERMEDIATE Muay Thai =**  
6 Months to 1 Year of Experience -- Green Belts & Above

**ADVANCED Muay Thai =**  
Blue Belts and Above, 1 Year + of Experience

**Must have clean Uniform/Training Attire**

**Please have good hygiene**

**Please bring gym flip flops/sliders**

Sparring REQUIRES **Green Belt**, or Training Minimum of 8-12 Months

**Questions?**

**Call Us @ (720) 762 - 9549**

**Email Us @ ApexCombatAcademy@gmail.com**

