



MARTIAL ARTS SCHEDULE

OCTOBER 1ST, 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI KICKBOXING	Fundamentals 9 AM - 10 AM Fundamentals 6 PM - 7 PM Advanced / Comp Team 7 PM - 8 PM	Fundamentals 9 AM - 10 AM Fundamentals 6 PM - 7 PM Tech Sparring 7 PM - 8 PM	Fundamentals 9 AM - 10 AM Fundamentals 6 PM - 7 PM Advanced / Comp Team 7 PM - 8 PM	Fundamentals 9 AM - 10 AM Fundamentals 6 PM - 7 PM No Advanced Class	Fundamentals 9 AM - 10 AM Intro to Sparring 6 PM - 7 PM Sparring 7 PM - 8 PM	Fundamentals Noon - 1 PM	Closed
WOMEN'S KICKBOXING	5 PM - 6 PM		5 PM - 6 PM		No Class	11 AM - Noon	Closed
YOUTH MARTIAL ARTS		Ages 6 - 13 5 PM - 6 PM		Ages 6 - 13 5 PM - 6 PM	No Class	No Class	Closed

This schedule may be subject to change

FUNDAMENTALS = White Belts & Yellow Belts

ADVANCED = Green Belts & Higher

SPARRING = Green Belts & Higher - OR - Coach's Approval

Questions?

Call Us @ (531) 284 - 3696

Email Us: ApexMuayThaiOmaha@gmail.com

