



# MARTIAL ARTS SCHEDULE

EFFECTIVE FEBRUARY 1ST, 2025

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MUAY THAI KICKBOXING</b>	All Levels 6AM - 7AM	All Levels 6 AM - 7 AM	All Levels 6AM - 7AM	All Levels 6 AM - 7 AM	All Levels 6AM - 7AM		
		Fundamentals 5pm - 6pm		Fundamentals 5pm - 6pm		Open Gym 10am - 2pm	Open Gym 10am - 1pm
	Fundamentals 6pm - 7pm	Intermediate 6pm - 7pm	Fundamentals 6pm - 7pm	Intermediate 6pm - 7pm	Intro to Sparring 6pm - 7pm	Sparring Noon - 1pm	
	Advanced/ Comp Team 7pm - 8:20pm	Advanced/ Comp Team 7pm - 8:20pm	Advanced/ Comp Team 7pm - 8:20pm	Advanced/ Comp Team 7pm - 8:20pm	Sparring 7pm - 8:20pm		
<b>YOUTH MARTIAL ARTS</b>	AGES 6-9 4:15 PM - 5 PM	No Class	AGES 6-9 4:15 PM - 5 PM	No Class	AGES 6-9 4:15 PM - 5 PM		
	AGES 10-14 5PM - 6 PM	No Class	AGES 10-14 5PM - 6 PM	No Class	AGES 10-14 5PM - 6 PM		
<b>NEW STUDENT TOUR &amp; FIRST LESSON</b>	5:15pm - 6pm	No Class	No Class	No Class	5:15PM - 6PM	No Class	10:15AM - 11AM

**THIS SCHEDULE MAY BE SUBJECT TO CHANGE**

**FUNDAMENTALS 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 Higher

SPARRING REQUIRES GREEN BELT, OR TRAINING MINIMUM OF 8-12 MONTHS

**QUESTIONS?** call us @ (720) 762 - 9549

Email us @ApexCombatAcademy@gmail.com

