APEX

MUAY THAI SCHEDULE

JANUARY 1ST, 2027

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUAY THAI	All Levels 6 AM - 7 AM	All Levels 6 AM - 7 AM	All Levels 6 AM - 7 AM	All Levels 6 AM - 7 AM	All Levels 6 AM - 7 AM	Women's Muay Thai 11 AM to Noon	
		Fundamentals 5 PM - 6 PM	Women's Muay Thai 5PM to 6 PM	Fundamentals 5 PM - 6 PM		Open Gym 10 AM - 2 PM	Open Gym 10 AM - 1 PM
	Fundamentals 6 PM - 7 PM	Intermediate 6 PM - 7 PM	Fundamentals 6 PM - 7 PM	Intermediate 6 PM - 7 PM	Intro to Sparring 6 PM - 7 PM	Sparring NOON-1PM	
	Advanced/ Comp Team 7 PM-8:30PM	Advanced/ Comp Team 7 PM-8:30PM	Advanced/ Comp Team 7 PM-8:30PM	Advanced/ Comp Team 7 PM-8:30PM	Sparring 7 PM-8:30PM		
YOUTH MUAY THAI	5 PM - 6 PM	No Class	5 PM - 6 PM	No Class	5 PM - 6 PM	No Class	No Class
MMA FUNDAMENTALS		7 PM - 8 PM				11 AM TO NOON	
TOUR & FIRST LESSON	5:15 PM - 6 PM	No Class	No Class	No Class	5:15 PM - 6 PM	No Class	10:15 AM - 11 AM

This schedule may be subject to change

FUNDAMENTALS:
0 months - 1 Year

ADVANCED:
1 Year +

SPARRING: 1 Year + - OR - Coach's Approval

Questions? Call Us @ (720) 762 - 9549
apexcombatacademy@gmail.com
www.apexcombatacademy.com

APEX MUAY THAI