

Class Time	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
11:00 am	OPEN	OPEN	Closed	OPEN	OPEN	915 – 10 AM Kids Muay Thai Ages 4-6 Kru David	
11:30 am	Boxing Kru Jordan	Muay Thai Techniques Kru Jordan		Muay Thai Techniques Kevon	Muay Thai Techniques Kru Jordan	10 – 1045 AM Kids Muay Thai Ages 7-12 Kru David	11am Special Education Program
12:15 pm	Muay Thai Techniques Kru Jordan	Boxing Kru Jordan		Circuit Training Kevon	Muay Thai Technique Kru Jordan	1045 – 1130 AM Kids Conditioning Ages 4-12 Kru David	12:30-1:15pm Intermediate Kids Martial Arts Kru Jordan
1:00-4:00 pm	Open Training	Sparring 1pm-2pm OPEN TRAINING:2pm-4pm	GYM OPENS 3pm	Open Training	Open Training	1130 – 1215 PM Stength & Conditioning Antoinette	1:15-2:00 Kids Muay Thai Ages 7-12 Kru Jordan
4:00 pm	Kids Muay Thai Ages 4-6 Kru David	Kids Fitness/ Conditioning Ages 4-12 Kru David	Kids Intermediate Muay Thai Kru Jordan	Kids Intermediate Muay Anthony	Kids Intermediate Muay Thai Kru Jordan	1215 – 1 PM Muay Thai Techniques Antoinette	2:00-3:30 Muay Thai Technique Kru Jordan
4:45 pm	Kids Intermediate Muay Thai Kru David	Kids Muay Thai Ages 7-12 Kru David	Kids Muay Thai Ages 4-6 Kru Jordan	Kids Muay Thai Ages 4-6 Anthony	Kids Fitness/ Conditioning Ages 4-12 Kru Jordan	1 – 2PM Sparring Kids & Adults Kru Jordan/ Kru Dave (min 3 stripes)	3:30-4:30 Boxing Favio
5:30 pm	Kids Muay Thai Ages 7-12 Kru David Kids Sparring Ages 7-12 Kru Jordan	Kids Intermediate Muay Thai Kru David	Kids Muay Thai Ages 7-12 Kru Jordan	Kids Muay Thai Ages 7-12 Tyya	Kids Muay Thai Ages 4-12 Kru Jordan + Tyya	2PM 20 Minute Bag Smash Burnout Drills	
6:15 pm 1 HOUR CLASS	Boxing Coach Jordan	Muay Thai Techniques Coach Jordan+ Kru David	Muay Thai Technique Coach Jordan + Kevon Female Muay Thai Class: 6:15 Tyya + Brenda	Muay Thai Technique Coach Jordan + Kevon	Boxing Cristian	2:30-3:30 PM Boxing Favio	
7:15 pm 1 HOUR CLASS	Dutch Kickboxing (minimum 1 stripe) Cristian	Muay Thai Padwork Antoinette Muay Thai Clinching Kru David	Boxing Eric Competition Team Cristian	Boxing Cristian Muay Thai Drilling (Minimum 1 Stripe) Kru Jordan (1 Hour)	Dutch Kickboxing 7:15-8:45 (minimum 1 stripe) Cristian		
8:15 pm	Muay Thai Technique (1 Hour) Kevon	Boxing Coach Jordan	Strength & Conditioning Adrian 8:00pm	Muay Thai Technique Victor Intro to Sparring 8:15 – 9:15 (Minimum 2 Stripes) Jordan + Tyya			
9:00 pm	Bag Smash Kevon (9-9:30pm)	Muay Thai Technique Kevon	Muay Thai Technique Victor	Bag Smash Kevon (9:00-9:30 pm)			