



CLASS SCHEDULE

TIME	MON	TUES	WED	THU	FRI	TIME	SAT	SUN
1000 - 1045	BOXING	MUAY THAI	BOXING	C L O S E	BOXING	0915-1000	MUAY THAI	BOXING
1045 - 1130	MUAY THAI	BOXING	MUAY THAI		MUAY THAI	1000-1045	HIIT	KIDS MT 5-7YRS
1130 - 1215	BOXING	MUAY THAI	BOXING		BOXING	1045-1130	KIDS MT 8-12YRS	KIDS MT 8-12YRS
1215 - 1300	MUAY THAI	BOXING	MUAY THAI		MUAY THAI	1130-1230	BOXING	MUAY THAI
						1230-1330	MUAY THAI	BOXING
						1330-1430	MUAY THAI SPARRING	BOXING SPARRING
1830 - 1930	BOXING	MUAY THAI	MUAY THAI		BOXING	1430-1530	MMA	MMA
1930-2030	MUAYTHAI	BOXING	MUAY THAI		MUAYTHAI			
2030-2130	MUAYTHAI	MMA	BOXING		MMA			