



TRAINING SCHEDULE – EFFECTIVE JULY 2017

WEEKDAY CLASSES						WEEKEND CLASSES				
TIME	MONDAY	TUESDAY		WEDNESDAY	THURSDAY		TIME	SATURDAY		
5:00 PM	Open Gym 5:00-5:30pm	Junior Muay Thai Ages 9-12 5:00- 6:00pm Farzad/Will		Open Gym 5:00-5:30pm	Junior Muay Thai Ages 9-12 5:00- 6:00pm Poo Choi Kyle/Will					
5:30 PM	Beginner Green Shorts 5:30-7:00pm Kru Yai Chris	All Levels 6:00-7:30pm Poo Choi Dragan		Beginner Green Shorts 5:30-7:00pm Poo Choi Aaron	All Levels 6:00 - 7:30pm Kru Kyle		All Levels 5:30-7:30pm Kru Yai Chris	10:00 AM	All Levels 10:00am-12:00pm Poo Choi Jon	
6:00 PM								Fighter Training 6:00-7:30pm		Fighter Training 6:00-7:30pm
6:30 PM										
7:00 PM	Advanced Blue Shorts 7:00-8:30pm Poo Choi Justin	Clinching 7:30-8:00pm		Advanced Blue Shorts 7:00-8:30pm Kru Yai Chris	Clinching 7:30-8:00pm			12:00 PM	Junior Muay Thai Ages 9-12 12:00-1:00pm Kru Yai Chris/Sonia	
7:30 PM										
8:00 PM										1:00 PM
							2:00 PM			

Advanced and Fighter Training: **Blue, Red** and **Black Shorts**

Junior Muay Thai: Ages 9-12, all skill levels welcome

All Other Classes: All skill levels welcome