



TRAINING SCHEDULE – EFFECTIVE DECEMBER 2017

WEEKDAY CLASSES						WEEKEND CLASSES		
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	
5:00 PM	Open Gym 5:00-5:30pm	Junior Muay Thai Ages 10-12 5:00- 5:45pm	Open Gym 5:00-5:30pm	Junior Muay Thai Ages 10-12 5:00- 5:45pm	Open Gym 5:00-5:30pm	10:00 AM	All Levels 10:00am-12:00pm	
5:30 PM	Beginner Green Shorts 5:30-7:00pm	Advanced Blue Shorts 5:30-7:00pm	Beginner Green Shorts 5:30-7:00pm	Advanced Blue Shorts 5:30-7:00pm	All Levels 5:30-7:30pm	11:00 AM		
6:00 PM								
6:30 PM								
7:00 PM	All Levels 7:00-8:30pm	Fighter Training 7:00-8:30pm	Beginner Green Shorts 7:00-8:30pm	All Levels 7:00-8:30pm	Fighter Training 7:00-8:30pm	Beginner Green Shorts 7:00-8:30pm	12:00 PM	Fighter Training 12:00-2:00pm
7:30 PM								
8:00 PM								
8:30 PM	Clinching 8:30-9:00pm		Clinching 8:30-9:00pm			1:00 PM		

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

Junior Muay Thai: Ages 10-12, all skill levels welcome

All Other Classes: All skill levels welcome