

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday
6:00AM (45 mins)	BOXING	BOXING	BOXING	BOXING	BOXING	7:45AM (45 mins)	BOXING
6:45AM (45 mins)	MUAY THAI	STRENGTH	MUAY THAI	STRENGTH	MUAY THAI	8:00AM (30 min RUN) 8:30AM (60 min CLASS)	BOXING ADV/FT
			BOXING ADVANCED				MUAY THAI ADV/FT
9:30AM (45 mins)	LADIES MUAY THAI	STRENGTH	LADIES MUAY THAI	STRENGTH	STRENGTH	9:45AM (45 mins)	KIDS 4-7 CUBS
10:15AM (45 mins)	MUAY THAI	BOXING	MUAY THAI	BOXING	MUAY THAI	10:30AM (45 mins)	KIDS 8-12 TIGERS
						11:15AM (45 mins)	FUTURE LEGENDS
3:45PM (45 mins)	KIDS 8-12 TIGERS	KIDS 4-7 CUBS	KIDS 8-12 TIGERS	KIDS 4-7 CUBS	KIDS 8-12 TIGERS		
4:30PM (45 mins)	TEENS MUAY THAI	FUTURE LEGENDS	TEENS MUAY THAI	FUTURE LEGENDS	TEENS MUAY THAI		
	TEENS BOXING		TEENS BOXING				
5:30PM (60 mins)	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI			
	BOXING	BOXING	BOXING	BOXING			
	STRENGTH		STRENGTH				
6:30PM (60 mins)	MUAY THAI FIGHT TEAM	MUAY THAI ADV/FT	MUAY THAI FIGHT TEAM	MUAY THAI ADV/FT			
	BOXING FIGHT TEAM		BOXING FIGHT TEAM	BOXING ADV/FT			



BY DANIEL THE ROCK DAWSON

MUAY THAI  
BOXING  
LADIES  
STRENGTH  
KIDS + TEENS