

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00am						LADIES KICK 45MIN	
9:30am		LADIES KICK 45MIN		LADIES KICK 45MIN			
10:00am						CADETS 45MIN	
						JUNIORS 45MIN	
10:30am		ALL LVL MT 1H		ALL LVL MT 1H			
11:00am						ALL LVL MT 1H	
4:40pm	CADETS 40MIN		CADETS 40MIN	CADETS 40MIN			
5:15pm			YOUTH COMP 1H				
5:30pm	JUNIORS 45MIN	JUNIORS 45MIN		JUNIORS 45MIN	JUNIORS 45MIN		
6:30pm	ALL LVL MT 1H	ALL LVL MT 1H	ALL LVL MT 1H	ALL LVL MT 1H	DRILLS & SPAR 1H		
7:30pm	ADVANCED MT 75MIN	SPARRING 1H	PADS & BAG 1H	ADVANCED MT 75MIN			

**CADETS: AGES 5-8 MUAY THAI**

**JUNIORS: AGES 9-13 MUAY THAI**

**YOUTH COMPETITION TEAM:  
AGES 7 - 16. COMPETITON  
SPECIFIC TRAINING**

**ALL LEVELS MUAY THAI: ALL EXPERIENCE LEVELS  
WELCOME.  
AGES 14+.**

**LADIES KICKBOXING: WOMANS ONLY  
KICKBOXING & FITNESS CLASS**

**PADS & BAGWORKI: 6 MONTH TRAINING  
MINIMUM. ASK INSTRUCTOR IF YOU CAN JOIN**

**ADVANCED MUAY THAI: 6 MONTH TRAINING MINIMUM.  
ASK INSTRUCTOR IF YOU CAN JOIN**

**SPARRING: ASK INSTRUCTOR IF YOU CAN  
JOIN**

**DRILLS & SPARRING: 6 MONTH TRAINING  
MINIMUM. ASK INSTRUCTOR IF YOU CAN  
JOIN**