

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00am						LADIES KICK 45MIN	
9:30am		LADIES KICK 45MIN		LADIES KICK 45MIN			
10:00am						CADETS 40MIN	
10:30am		ALL LVL MT 1H		ALL LVL MT 1H			
11:00am						JUNIORS 45MIN	
12:00pm						ALL LVL MT 1H	
4:40pm	CADETS 40MIN		CADETS 40MIN	CADETS 40MIN			
5:15pm		YOUTH COMP 1H					
5:30pm	JUNIORS 45MIN		JUNIORS 45 MIN	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 6-8 MUAY THAI

JUNIORS: AGES 9-13 MUAY THAI

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

LADIES KICKBOXING: WOMANS
ONLY KICKBOXING & FITNESS
CLASS

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

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