



Time	Monday/Wednesday		Time	Tuesday/Thursday		Time	Friday	
6:00-7:00 AM	Boxing (All Levels) Coach Missy		6:00-7:00AM	Muay Thai/Kickboxing – Bagwork Blitz (All Levels) Coach Karlando				
10:00-11:00AM	Women’s Muay Thai/Kickboxing Coach Tyson							
4:45-5:15PM	Muay Thai Mini’s (Ages 4-6) Coach Tyson							
5:30-6:15PM	Junior’s Muay Thai/Kickboxing (Ages 7-11 – Group A) Coach Tyson		5:30-6:15PM	Kid’s MMA (Ages 6-12) Coach Mitch	*Muay Thai/Kickboxing (Teens 12-16) Coach Karlando			
6:30-7:30PM	Muay Thai/Kickboxing (Beg/Fundamentals – A) Coach Karlando	Boxing (Beg. Fundamentals) Coach Missy	6:15-7:00PM / *6:30-7:30PM	Children’s Muay Thai (Ages 7-11 –Group B) Coach Tyson	*Muay Thai/Kickboxing (Intermediate) Coach Karlando	6:00-7:00PM	Muay Thai/Kick Boxing (All Levels) Coach Tyson	Open Mat
7:30-8:00PM / *7:30-9:00PM	HIIT/Circuit Class (30 min Class) Coach Tyson	*Muay Thai/Kickboxing (Competition Team) Coach Karlando	7:00-8:00PM / *7:30-8:30PM	Boxing (Beg. Fundamentals) Coach P-MAC	*Muay Thai/Kickboxing (Beg. Fundamentals – B) Coach Karlando	7:00-8:00PM	Boxing (All Levels) Coach Missy	
			8:00-9:00PM	White Crane Kung Fu Sifu Allen				

Time	Saturday		Time	Sunday	
10:00-11:00AM	Muay Thai Mini’s Kickboxing (Ages 4-6) *Ends at 10:45AM Coach Jeet		10:00-12:00PM	Competition Team Sparring	Open Mat
11:00-12:00PM	Boxing (All Levels) Coach Missy	Open Mat	12:00-1:00PM	Boxing (All Levels) Coach Missy	
12:00-1:00PM	Muay Thai Pad Class (All Levels) Coach Karlando				
1:00-2:00PM	Fundamentals of Sparring (Beg/Int) Coach Karlando				

HOURS OF OPERATION

MONDAY-THURSDAY: 4:00PM-9:00PM

FRIDAY 5:00PM-8:00PM

SATURDAY: 10:00AM-2:00PM

SUNDAY: 10:00AM-1:00PM