NXT LVL MARTIAL ARTS

Time	Monday/Wednesday	
6:00-7:00 AM/ *10:00-11:00AM	Boxing (All Levels) **Coach Missy**	*Mom's Muay Thai/Kickboxing **Coach Tyson**
12:00-1:00PM	HIIT/Circuit Class **Coach Tyson**	
5:00-5:30PM	Little Ninja's Muay Thai/Kickboxing (Ages 4-6) **Coach Tyson**	
5:30-6:15PM	Children's Muay Thai/Kickboxing (Ages 7-12) **Coach Tyson**	
6:30-7:30PM	Muay Thai/Kickboxing (Beginner) **Coach Karlando**	Boxing (Beginner) **Coach Missy**
7:30-8:30PM	Mixed Martial Arts (MMA) **Coach Mitch**	*Muay Thai/Kickboxing (Intermediate/Advanced) **Coach Karlando**

Time	Tuesday/Thursday	
6:00-7:00AM	Muay Thai/Kickboxing – Bagwork Blitz (All Levels) **Coach Karlando**	
5:30-6:15PM/ *6:30PM	Children's MMA (Ages 6-13) **Coach Mitch**	*Teens Muay Thai/Kickboxing (Ages 13-17) **Coach Karlando**
6:15-7:00PM/ *6:30-7:30PM	Children's Muay Thai/Kickboxing (Ages 7-12) **Coach Tyson**	*Muay Thai/Kickboxing (Intermediate) **Coach Karlando**
7:00-8:00PM/ *7:30-8:30PM	Boxing **Coach P-Mac**	*Muay Thai/Kickboxing (Beginner) **Coach Karlando**
8:00-9:00PM	White Crane Kung Fu **Sifu Allen**	

Time	Friday
12:00-1:00PM	HIIT/Circuit Class **Coach Tyson**
6:00-7:00PM	Muay Thai/Kickboxing (All Levels) **Coach Tyson**
7:00-8:00PM	Boxing (All Levels) **Coach Tyson**

Time	Saturday	
10:00AM-10:45AM	Little Ninja's Muay Thai/Kickboxing (Ages 4-6) **Coach Jeet**	
11:00-12:00PM	Boxing (All Levels) **Coach Missy**	
12:00-1:00PM	Muay Thai Pad Class (All Levels) **Coach Karlando**	Boxing Sparring Class **Coach Missy**
1:00-2:00PM	Fundamentals of Sparring (Beginner) **Coach Karlando**	

	Sunday	
10:00 - 12:00PM	Competition Team Sparring	
12:00-1:00PM	Boxing (All Levels) **Coach Missy**	

HOURS OF OPERATION

MONDAY-THURSDAY: 4:00PM-9:00PM FRIDAY 5:00PM-8:00PM SATURDAY: 10:00AM-2:00PM SUNDAY: 10:00AM-1:00PM