



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Women's Muay Thai (10-11am) Mat A</p> <p>Muay Thai Training Camp (11-1pm) Mat B</p> <p>Strength and Conditioning (12-1pm) Mat A</p> <p>Muay Thai Mini's *ages 4-6 (5:00-5:30pm) Mat B</p> <p>Muay Thai Juniors *ages 7-12 (5:30-6:15pm) Mat A</p> <p>Beginner Boxing (6:00-7:00pm) Mat B</p> <p>Beginner Muay Thai (6:30-7:30pm) Mat A</p> <p>Advanced Boxing (7:00 – 8:00pm) Mat B</p> <p>Intermediate Muay Thai (7:30-9:00pm) Mat A</p>	<p>Muay Thai Minis *ages 4-6 (5:00-5:30pm) Mat B</p> <p>Junior Grappling (5:30-6:15pm) Mat B</p> <p>Teens Muay Thai (5:30-6:15pm) Mat A</p> <p>Muay Thai Junior's *ages 7-12 (6:15-7:00pm) Mat B</p> <p>Intermediate Muay Thai (6:30-7:30pm) Mat A</p> <p>Beginner Boxing (7:00 – 8:00 pm) Mat B</p> <p>Beginner Muay Thai (7:30 – 8:30) Mat A</p> <p>Advanced Boxing (8:00 – 9:00) Mat B</p>	<p>Women's Muay Thai (10-11am) Mat A</p> <p>Muay Thai Training Camp (11-1pm) Mat B</p> <p>Strength and Conditioning (12-1pm) Mat A</p> <p>Muay Thai Minis *ages 4-6 (5:00-5:30pm) Mat B</p> <p>Muay Thai Juniors *ages 7-12 (5:30-6:15pm) Mat A</p> <p>Beginner Boxing (6:00-7:00pm) Mat B</p> <p>Beginner Muay Thai (6:30-7:30pm) Mat A</p> <p>Advanced Boxing (7:00 – 8:00 pm) Mat B</p> <p>Submission Wrestling (8:00-9:00pm) Mat B</p> <p>Competition Team Sparring (7:30-9:00pm) Mat A</p>	<p>Muay Thai Minis *ages 4-6 (5:00-5:30pm) Mat B</p> <p>Junior Grappling (5:30-6:15pm) Mat B</p> <p>Teens Muay Thai ((5:30-6:15pm) Mat A</p> <p>Muay Thai Juniors *ages 7-12 (6:15-7:00pm) Mat B</p> <p>Intermediate Muay Thai (6:30-7:30pm) Mat A</p> <p>Beginner Boxing (7:00 – 8:00 pm) Mat B</p> <p>Beginner Muay Thai (7:30 – 8:30) Mat A</p> <p>Advanced Boxing (8:00 – 9:00) Mat B</p>	<p>Women's Muay Thai (10-11am) Mat A</p> <p>Muay Thai Training Camp (11-1pm) Mat B</p> <p>Strength and Conditioning (12-1pm) Mat A</p> <p>Junior's Boxing *ages 7-12 (5:30-6pm)</p> <p>Competition Team Sparring (6-7pm) Mat A</p> <p>All Levels Muay Thai Clinching (7-8pm) Mat B</p>	<p>Submission Wrestling (8-9:30am) Mat B</p> <p>Muay Thai Minis *ages 4-6 (10:00-10:45pm) Mat B</p> <p>Children's Competition Team (11-12pm) Mat A</p> <p>Beginner Boxing (12-1pm) Mat B</p> <p>Advanced Boxing (1-2pm) Mat B</p> <p>All Levels Muay Thai Training Camp (12 – 2pm) Mat A</p>	<p>Sparring – Competition Team (11-1pm) Mat A</p> <p>Boxing Competition Team Sparring (11-1pm) Mat B</p>

Children's Muay Thai
Adult Boxing
Muay Thai
Women's Muay Thai
Children's Jui Jitsu
S & C
Submission Wrestling