



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00pm	All Levels Muay Thai		All Levels Muay Thai		All Levels Muay Thai	8:00AM All Levels Muay Thai
4:10pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids <i>White/Yellow</i> Sparring	4:30pm Kids  <i>Green/Blue/Red</i> Sparring	
4:50pm	Kids Kickboxing	Kids Kickboxing	Kids Kickboxing	Kids <i>White/Yellow</i> Sparring		
5:30pm	All Levels K1 Kickboxing	Beginners <i>White/Yellow</i> Kickboxing	Strength, Core & Conditioning Class	Beginners <i>White/Yellow</i> Muay Thai Kickboxing	Beginners <i>White/Yellow</i> Muay Thai Kickboxing	
6:30pm	Intermediate Muay Thai	All Levels Boxing	All Levels Sparring	Intermediate Muay Thai Kickboxing	Intermediate Muay Thai Kickboxing	
	Fighters Sparring					
7:30pm	Strength, Core & Conditioning Class	All Levels Muay Thai Kickboxing	All Levels Muay Thai	All Levels Boxing		
	Intermediate Clinch Class					