



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
6:30am	ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI		ALL LEVELS MUAY THAI	ALL LEVELS MUAY THAI	7:00am	ALL LEVELS MUAY THAI
10:00am		WOMENS ONLY ALL LEVELS MUAY THAI		WOMENS ONLY ALL LEVELS MUAY THAI	WOMENS ONLY ALL LEVELS MUAY THAI	8:00am	ALL LEVELS FUNDAMENTALS MUAY THAI
12:00pm	ALL LEVELS MUAY THAI		ALL LEVELS MUAY THAI		ALL LEVELS MUAY THAI	8:30am	FIGHTERS ONLY CLASS
4:10pm	KIDS KICKBOXING	KIDS KICKBOXING	KIDS KICKBOXING	4:30pm KIDS SPARRING	4:30pm KIDS SPARRING		
4:50pm	KIDS KICKBOXING	KIDS KICKBOXING	KIDS KICKBOXING	5-8 years <i>White, Yellow</i>	9-12 years <i>Green, Blue & Red</i>		
5:30pm	ALL LEVELS K1 KICKBOXING	BEGINNERS KICKBOXING <i>White, Yellow</i>	ALL LEVELS STRENGTH, CORE & CONDITIONING	BEGINNERS MUAY THAI KICKBOXING <i>White, Yellow</i>	BEGINNERS MUAY THAI <i>White, Yellow</i>		
6:30pm	INTERMEDIATE MUAY THAI	ALL LEVELS BOXING	ALL LEVELS SPARRING	INTERMEDIATE MUAY THAI	INTERMEDIATE MUAY THAI		
	FIGHTERS SPARRING				BOXING SPARRING		
7:30pm	ALL LEVELS BOXING	ALL LEVELS MUAY THAI KICKBOXING	ALL LEVELS MUAY THAI	ALL LEVELS BOXING			
	INTERMEDIATE CLINCH CLASS						

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10:00am		WOMENS ONLY ALL LEVELS MUAY THAI		WOMENS ONLY ALL LEVELS MUAY THAI	WOMENS ONLY ALL LEVELS MUAY THAI

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