

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Start Time	Saturday
6:00AM (45 mins)		BOXING FUNDAMENTALS	BOXING FUND/ADV	BOXING FUNDAMENTALS	BOXING FUNDAMENTALS	7:45AM (45 mins)	BOXING FUNDAMENTALS
			MUAY THAI FUNDAMENTALS		MUAY THAI FUNDAMENTALS		MUAY THAI FUNDAMENTALS
6:45AM (45 mins)		STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	8:00AM (30 min RUN) 8:30AM (60 min CLASS)	BOXING ADV/FT
9:30AM (45 mins)	LADIES MUAY THAI	STRENGTH & CONDITIONING	LADIES MUAY THAI	STRENGTH & CONDITIONING	LADIES MUAY THAI		MUAY THAI INT/ADV/FIGHT TEAM
10:15AM (45 mins)	MUAY THAI FUNDAMENTALS	BOXING FUNDAMENTALS	MUAY THAI FUNDAMENTALS	BOXING FUNDAMENTALS	MUAY THAI FUNDAMENTALS		FUTURE LEGENDS
					MUAY THAI INTERMEDIATES	9:45AM (45 mins)	KIDS 4-7 MUAY THAI
3:45PM (45 mins)	KIDS 8-12 MUAY THAI	KIDS 4-7 MUAY THAI	KIDS 8-12 MUAY THAI	KIDS 4-7 MUAY THAI	KIDS 8-12 MUAY THAI	10:30AM (45 mins)	KIDS 8-12 MUAY THAI
4:30PM (45 mins)	TEENS MUAY THAI	FUTURE LEGENDS	TEENS MUAY THAI	FUTURE LEGENDS	TEENS MUAY THAI	 <p>BY DANIEL THE ROCK DAWSON</p>	
	TEENS BOXING		TEENS BOXING	8-12 BOXING	TEENS BOXING		
5:30PM (60 mins)	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS	MUAY THAI FUNDAMENTALS			
	STRENGTH & CONDITIONING	MUAY THAI INTERMEDIATES	STRENGTH & CONDITIONING	MUAY THAI INTERMEDIATES			
	BOXING FUNDAMENTALS	BOXING FUND/ADV	BOXING FUNDAMENTALS	BOXING FUND/ADV	BOXING FUND/ADV		
6:30PM (60 mins)	MUAY THAI ADV/FIGHT TEAM	MUAY THAI ADV/FIGHT TEAM	MUAY THAI ADV/FIGHT TEAM	MUAY THAI ADV/FIGHT TEAM			
	BOXING ADV/FIGHT TEAM	MUAY THAI INTERMEDIATES	BOXING ADV/FIGHT TEAM	MUAY THAI INTERMEDIATES			

MUAY THAI
BOXING
LADIES
STRENGTH
KIDS + TEENS