



CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7:00am

8:00am

Thai Rush

Box & Burn

Thai Rush

Box & Burn

Thai Rush

10:30am

11:30am

Thai Rush

Thai Rush

8:00am

9:00am

7:30am - 8:30am

7:30am - 8:30am

7:30am - 8:30am

11:30am

12:30pm

Muay Thai
(All Levels)

Box & Burn

12:30pm

1:30pm

Boxing
(All Levels)

Muay Thai
(All Levels)

1:30pm

2:30pm

Box & Burn

11:30am

12:30pm

Box & Burn

Boxing
(All Levels)

Thai Rush

Muay Thai
(All Levels)

Box & Burn

12:30pm

1:30pm

Thai Rush

Muay Thai
(All Levels)

Box & Burn

Boxing
(All Levels)

Thai Rush

6:30pm

7:30pm

Muay Thai
(All Levels)

Thai Rush

Boxing
(All Levels)

Boxing
(All Levels)

Thai Rush

7:30pm

8:30pm

Boxing
(All Levels)

Muay Thai
(Advanced)

Box & Burn

Muay Thai
(All Levels)

Boxing
(Advanced)



FIRST TIME? TRY A CLASS!

*FREE TRIAL EXCLUSIVE FOR FIRST TIMERS ONLY



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