



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am 8:00am Thai Rush <i>7:30am - 8:30am</i>	Fight Conditioning	Thai Rush <i>7:30am - 8:30am</i>	Box & Burn	Thai Rush <i>7:30am - 8:30am</i>	10:30am 11:30am Thai Rush	Thai Rush
8:00am 9:00am					11:30am 12:30pm Muay Thai (ALL LEVELS)	Boxing (ALL LEVELS)
11:30am 12:30pm Box & Burn	Boxing (ALL LEVELS)	Box & Burn	Muay Thai (ALL LEVELS)	Thai Rush	12:30pm 1:30pm Boxing (ALL LEVELS)	Box & Burn
12:30pm 1:30pm Thai Rush	Muay Thai (ALL LEVELS)	Thai Rush	Fight Conditioning	Box & Burn	1:30pm 2:30pm Fight Conditioning	Muay Thai (ALL LEVELS)
6:30pm 7:30pm Muay Thai (BEGINNERS)	Thai Rush	Boxing (BEGINNERS)	Box & Burn	Thai Rush		
7:30pm 8:30pm Muay Thai (ALL LEVELS)	Muay Thai (SPARRING)	Boxing (ALL LEVELS)	Muay Thai (ALL LEVELS)	Boxing (SPARRING)		
8:30pm 9:30pm Box & Burn		Box & Burn				



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