



# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am 8:00am	Thai Rush	Box & Burn	Thai Rush	Box & Burn	Thai Rush	Thai Rush	Thai Rush
8:00am 9:00am	7:30am - 8:30am		7:30am - 8:30am		7:30am - 8:30am		
11:30am 12:30pm	Box & Burn	Boxing (ALL LEVELS)	Box & Burn	Muay Thai (ALL LEVELS)	Thai Rush	Box & Burn	Muay Thai (ALL LEVELS)
12:30pm 1:30pm	Thai Rush	Muay Thai (ALL LEVELS)	Thai Rush	Boxing (ALL LEVELS)	Box & Burn		
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)	Muay Thai & Boxing (SPARRING)		
8:30pm 9:30pm	Box & Burn		Box & Burn				



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