

CLASS SCHEDULE*effective 11/21/16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai			6:00 am - 7:00 am Muay Thai All Levels		6:00 am - 7:00 am Muay Thai All Levels	10:00 am - 11:00 am Muay Thai Foundations Class	
				5:30 pm - 6:30 pm Muay Thai Clinch, Knees, and Elbows	5:30 pm - 6:30 pm Muay Thai All Levels	11:30 am - 12:30 pm Muay Thai Foundation Sparring (Elite Membership)	
	6:30 pm - 7:30 pm Muay Thai All Levels	6:45 pm - 7:45 pm Muay Thai Foundations	6:00 pm - 7:00 pm Muay Thai/MMA Advanced Sparring (Invitation Only)	6:30 pm - 7:30 pm Muay Thai All Levels	6:30 pm - 8:00 pm Muay Thai/MMA Advanced Sparring (Invitation Only)		
	7:45 pm - 8:45 pm Muay Thai Foundations	8:00 pm - 9:15 pm Muay Thai Foundation Sparring (Elite Membership)	7:00 pm - 8:00 pm Muay Thai All Levels	7:45 pm - 8:45 pm Muay Thai Foundations			
	8:45 pm - 10:00 pm Muay Thai/MMA Advanced Sparring (Invitation Only)		8:15 pm - 9:15 pm Muay Thai Foundations				
Grappling	7:30 pm - 9:00 pm BJJ All Levels - Gi	7:30 pm - 9:00 pm BJJ All Levels - Gi	7:30 pm - 9:00 pm BJJ All Levels - Gi	7:45 pm - 9:15 pm No Gi		11:00 am - 1:00 pm BJJ All Levels - Gi	
Women's Fitness Kickboxing	5:15 pm - 6:15 pm Women's Bag Circuit	6:30 pm - 7:30 pm Women's Bag Circuit	5:15 pm - 6:15 pm Women's Bag Circuit	6:45 pm - 7:45 pm Women's Bag Circuit	6:30 pm - 7:30 pm Women's Bag Circuit	10:00 am - 11:00 am Women's Bag Circuit	
	6:30 pm - 7:30 pm Women's Bag Circuit		6:30 pm - 7:30 pm Women's Bag Circuit				
Gurkha Warrior Boot Camp	6:00 am - 7:00 am		6:00 am - 7:00 am		6:00 am - 7:00 am	8:00 am - 9:00 am	
Warrior Kids	5:00 pm - 5:30 pm Little Warriors Beginners	5:00 pm - 5:50 pm Young Warriors	5:00 pm - 5:30 pm Little Warriors Beginners	5:00 pm - 5:50 pm Young Warriors	5:30 pm - 6:20 pm Teen Warriors	9:00 am - 9:45 am All Warriors	
	5:45 pm - 6:15 pm Little Warriors Intermediate	5:50 pm - 6:40 pm Teen Warriors	5:45 pm - 6:15 pm Little Warriors Intermediate				