

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
630am - 730am		Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Beginner Jiu Jitsu 9am
10am - 11am		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Yoga
11am - 12pm	Open Gym						Muay Thai
12pm - 1pm	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Kids Muay Thai
345pm - 430pm	Open Gym 1pm-3pm	Kid's (5-15) Muay Thai	Kid's (5-9) Muay Thai	Kid's (5-15) Muay Thai	Kid's (5-9) Muay Thai	Kid's (5-15) Muay Thai	Open Gym
430pm - 530pm		Kids (5-15) Jiu Jitsu	Teen (10-15) Muay Thai	Kids (5-15) Jiu Jitsu	Teen (10-15) Muay Thai	Kids (5-15) Jiu Jitsu	1pm-3pm
530pm - 630pm		Boxing / BJJ (5:30-7pm)	Muay Thai	Boxing / BJJ (5:30-7pm)	Muay Thai	Boxing / BJJ (5:30-7pm)	
630pm - 730pm		Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai	
730pm - 830pm		Sparring	Muay Thai	Sparring	Muay Thai	Sparring	