True Fight Club | 28460 Hesperian Blvd - Hayward - Ca - 94541 | www.truefightclub.com | (510)732-6022

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