



WWW.SITANGYMAZ.COM

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY		
ADULT Advanced Muay Thai 7:30-9:00pm+			LATE NIGHT YOGA 8:30pm-9:30pm			ADULT Advanced Muay Thai 7:30-9:00pm+			Call to schedule Private class			Call to schedule Private class				
ADULT Intermediate Muay Thai 6:30-7:45pm	YOUTH Competition Team Muay Thai 6:30- 7:45	YOUTH Intermediate Muay Thai 6:30-7:45pm	ADULT Bag work & Pad work 5:30-8:00pm	YOUTH Competition Team Muay Thai 6:30- 7:45	YOUTH Intermediate Muay Thai 6:30-7:45pm	ADULT Intermediate Muay Thai 6:30- 7:45pm	YOUTH Competition Team Muay Thai 6:30- 7:45	YOUTH Intermediate Muay Thai 6:30-7:45pm	ADULT Bag work & Pad work 5:30-8:00pm	YOUTH Competition Team Muay Thai 6:30- 7:45	YOUTH Intermediate Muay Thai 6:30-7:45pm	ADULT ALL LEVELS MUAY THAI 6:00- 7:30PM	YOUTH ALL LEVELS MUAY THAI 6:00- 7:30PM			
ADULT Beginner Muay Thai 5:30-6:30pm	CADET Beginner Muay Thai 5:30- 6:30	PEE WEE Beginner Muay Thai 5:30 - 6:30pm		CADET Beginner Muay Thai 5:30- 6:30	PEE WEE Beginner Muay Thai 5:30 - 6:30pm	ADULT Beginner Muay Thai 5:30-6:30pm	CADET Beginner Muay Thai 5:30-6:30	PEE WEE Beginner Muay Thai 5:30 - 6:30pm	PEE WEE Beginner Muay Thai 5:30 - 6:30pm	PEE WEE Beginner Muay Thai 5:30 - 6:30pm	PEE WEE Beginner Muay Thai 5:30 - 6:30pm			PEE WEE Beginner Muay Thai 5:30 - 6:30pm	PEE WEE Beginner Muay Thai 5:30 - 6:30pm	PEE WEE Beginner Muay Thai 5:30 - 6:30pm
Call to schedule Private class			Call to schedule Private class			Call to schedule Private class			Call to schedule Private class			Call to schedule Private class		ADULT Intermediate Muay Thai 1:30- 2:30pm	YOUTH Muay Thai 12:30 1:30 (all ages)	
Call to schedule Private class			Call to schedule Private class			Call to schedule Private class			Call to schedule Private class			Call to schedule Private class		ADULT Beginner Muay Thai 12:30-1:30pm		
ADULT Intermediate Muay Thai 12-1pm			ADULT Intermediate Muay Thai 12-1pm			ADULT Intermediate Muay Thai 12-1pm			ADULT Intermediate Muay Thai 12-1pm			ADULT ALL LEVELS MUAY THAI 11:00-12:30PM		YOUTH Special Needs Muay Thai 11:00-12:00pm		
ADULT Beginner Muay Thai 11am-12pm			ADULT Beginner Muay Thai 11am-12pm			ADULT Beginner Muay Thai 11am-12pm			ADULT Beginner Muay Thai 11am-12pm							
			ADULT Morning Muay Thai 9am-10:15am						ADULT Morning Muay Thai 9am -10:15am							
			ADULT Intermediate – Advanced Muay Thai 6:30am-7:30am						ADULT Intermediate – Advanced Muay Thai 6:30am-7:30am							

* Special needs classes are reserved for children with particular educational requirements resulting from learning difficulties, physical disability, or emotional and behavioral difficulties. Parents and or guardians are required to remain with children during class time. *

ADULT	14 years of age and older only may attend
YOUTH	Both "CADET" and "PEE WEE" may attend
CADET	9 years old to 13 years may attend
PEE WEE	3 years old to 9 years old may attend (must be fully toilet trained)
FAMILY	All ages categories may attend