

# Daily Schedule Sitan Gym Winter Camp

Week: 12/19-23 - 12/26-30

Start Time: 8:00 AM

	Mon	Tue	Wed	Thur	Fri
8:00 AM	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)	Early Drop Off (Early Drop Fee)
9:00 AM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
9:15 AM	RULES	RULES	RULES	RULES	RULES
9:30 AM	GAMES	GAMES	GAMES	GAMES	GAMES
9:45 AM	Free Play	Free Play	Free Play	Free Play	Free Play
10:00 AM	Muay Thai Class	Muay Thai Class	Muay Thai Class	Muay Thai Class	Muay Thai Class
11:00 AM	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)	Snack/Electronics (phone etc)
12:00 PM	watch Muay Thai fights, Muay thai Theory	watch Muay Thai fights, Muay thai Theory	watch Muay Thai fights, Muay thai Theory	watch Muay Thai fights, Muay thai Theory	watch Muay Thai fights, Muay thai Theory
12:30 PM	Muaythai Sparring	Cardio Running / Conditioning	Muaythai Sparring	Cardio Running/ Conditioning	Clinch Sparring
1:00 PM	Lunch/Electronics Break	Lunch/Electronics Break	Lunch/Electronics Break	Lunch/Electronics Break	Lunch/Electronics Break
2:00 PM	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
2:15 PM	GAMES	GAMES	GAMES	GAMES	GAMES
2:30 PM	2nd Muay Thai Class	2nd Muay Thai Class	2nd Muay Thai Class	2nd Muay Thai Class	2nd Muay Thai Class
3:30 PM	Evaluation/Parent pick up	Evaluation/Parent pick up	Evaluation/Parent pick up	Evaluation/Parent pick up	Evaluation/Parent pick up
4:00 PM	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up	Late Pick Up