



WWW.SITANGYMAZ.COM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Call to schedule Private class		LATE NIGHT YOGA 8:30pm-9:30pm		Call to schedule Private class		Call to schedule Private class		Call to schedule Private class			
ADULT Muay Thai ADV-Technique 6:45 - 7:45pm+	YOUTH Intermediate Muay Thai 6:30- 7:45pm	ADULT Bag work & Pads 5:30- 7:00pm	YOUTH Competition Team Muay Thai 6:30- 7:45pm	ADULT Muay Thai ADV-Technique 6:45 - 7:45pm+	YOUTH Intermediate Muay Thai 6:30- 7:45pm	ADULT Bag work & Pads 5:30- 7:00pm	YOUTH Competition Team 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 Women ONLY Muay Thai 2:00 – 3:00pm	
ADULT Muay Thai Fundamental 5:30-6:45pm	PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm		PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm	PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm	PEE WEE/CADET 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 All Levels Muay Thai 12:30 – 2:00pm	YOUTH Muay Thai 12:30 1:30 (all ages)
ADULT Muay Thai ADV-Technique Muay Thai 12-1:15pm		ADULT Muay Thai ADV-Technique Muay Thai 12-1:15pm		ADULT Muay Thai ADV-Technique 12-1:15pm		ADULT Muay Thai ADV-Technique 12-1:15pm		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					

* Special needs classes are reserved for children with 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
SPECIAL NEEDS	Must call ahead to schedule class