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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Book Private Class online		Book Private Class online		Book Private Class online		Book Private Class online		Book Private Class online		Book Private Class online	
ADULT Muay Thai ADV-Technique 6:45 – 8:00pm+	YOUTH Intermediate Muay Thai 6:30- 7:45pm	ADULT Fight Team 7:00- 8:30pm	YOUTH Competition Team Muay Thai 6:30- 7:45pm	ADULT Muay Thai ADV-Technique 6:45 – 8:00pm+	YOUTH Intermediate Muay Thai 6:30- 7:45pm	ADULT Fight Team 7:00- 8:30pm	YOUTH Competition Team Muay Thai 6:30- 7:45pm	ADULT Fight Team (Sparring/Conditioning) 7:30- 8:30pm		Book Private Class online	
ADULT Muay Thai Fundamental 5:30-6:45pm	PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm	ADULT Bag work & Pads 5:30- 7:00pm	PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm	ADULT Muay Thai Fundamental 5:30-6:45pm	PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm	ADULT Bag work & Pads 5:30- 7:00pm	PEE WEE/CADET Beginner Muay Thai 5:30 -6:30pm	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 No Gi Brazilian JiuJitsu 4:30pm- 5:30pm		ADULT Gi Brazilian JiuJitsu 4:30pm- 5:30pm	YOUTH Gi Brazilian JiuJitsu 4:30pm- 5:30pm	ADULT No Gi Brazilian JiuJitsu 4:30pm- 5:30pm		ADULT No Gi Brazilian JiuJitsu 4:30pm- 5:30pm	YOUTH Gi Brazilian JiuJitsu 4:30pm- 5:30pm	Book Private Class online		ADULT All Levels Muay Thai 12:30 – 2:00pm	YOUTH Muay Thai 12:30 1:30 (all ages)
Book Private Class online		Book Private Class online		Book Private Class online		Book Private Class online		Book Private Class online		ADULT Gi Brazilian JiuJitsu 11am- 12:30pm	YOUTH Gi Brazilian JiuJitsu 11am- 12:30pm
ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT Muay Thai ADV-Technique 12:00-1:15pm	ADULT ALL LEVELS MUAY THAI 11:00-12:30PM		*YOUTH Special Needs Muay Thai 10:00-11:00am	
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 Beginner Muay Thai 11am-12pm	ADULT Beginner Muay Thai 11am-12pm	ADULT Beginner Muay Thai 11am-12pm	ADULT Beginner Muay Thai 11am-12pm	ADULT No Gi Brazilian JiuJitsu 10am-11am		Book Private Class online	
Book Private Class online		ADULT No Gi Brazilian JiuJitsu 10am-11am		Book Private Class online		Book Private Class online		Book Private Class online		Book Private Class online	
ADULT **ALL LEVELS MUAY THAI 7:00AM -8:00AM		Book Private Class online		ADULT ALL LEVELS MUAY THAI 7:00AM-8:00AM		Book Private Class online		Book Private Class online		Book Private Class online	

* 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.

** This class must be booked online in advance **AT LEAST** 1 day prior or class will be cancelled for the day.

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