



For Program Levels and Training Plans - Talk to your Coach

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai: Beginners Level 1 Workout Schedule - 1st 2 Months					
	6:20 PM - 8:00 PM		6:20 PM - 8:00 PM		1:00 PM - 2:30 PM
Muay Thai: Beginners Level 2 Workout Schedule - 3+ Months					
	6:20 PM - 8:00 PM		6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	1:00 PM - 2:30 PM
Muay Thai: Intermediate Level Workout Schedule					
	6:20 PM - 8:00 PM		6:20 PM - 8:00 PM	6:20 PM - 8:00 PM	11:30 AM - 1:00 PM
7:50 PM - 9:15 PM		7:50 PM - 9:15 PM			1:00 PM - 2:30 PM
Muay Thai: Advanced Level Workout Schedule					
	6:20 PM - 8:00 PM		6:20 PM - 8:00 PM		
				6:20 PM - 8:00 PM	10:15 AM - 11:30 AM
7:50 PM - 9:15 PM	7:50 PM - 9:30 PM	7:50 PM - 9:15 PM	7:50 PM - 9:30 PM		12:00 PM - 1:30 PM