



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	11:30 AM - 1:00 PM Boxing & Muay Thai		11:30 AM - 1:00 PM Boxing & Muay Thai		9:30 AM - 10:20 AM Kids Boxing
5:30 PM - 6:20 PM Kids Boxing Kids JiuJitsu	5:30 PM - 6:20 PM Kids Wrestling	5:30 PM - 6:20 PM Kids Boxing Kids JiuJitsu	5:30 PM - 6:20 PM Kids Wrestling Kids JiuJitsu		9:30 AM - 10:30 AM Wrestling for MMA BJJ
6:20 PM - 8:00 PM Boxing Fundamentals	6:20 PM - 8:00 PM Muay Thai Fundamentals	6:20 PM - 8:00 PM Boxing Fundamentals	6:20 PM - 8:00 PM Muay Thai Fundamentals	6:20 PM - 8:00 PM Boxing 3+ Months	10:15 AM - 11:30 AM Sparring - Advanced Only
6:20 PM - 8:00 PM Brazilian Jiu Jitsu Gi	6:20 PM - 8:00 PM Brazilian Jiu Jitsu Gi	6:20 PM - 8:00 PM Brazilian Jiu Jitsu	6:20 PM - 8:00 PM Brazilian Jiu Jitsu Gi		11:30 AM - 1:00 PM Boxing - Intermediate
8:00 PM - 9:30 PM Muay Thai - Intermediate+	7:50 PM - 9:30 PM Boxing - Intermediate +	8:00 PM - 9:30 PM Muay Thai - Intermediate+	7:50 PM - 9:30 PM Boxing - Intermediate +		12:00 PM - 1:30 PM Wrestling/Clinch for Muay Thai and Boxing
8:00 PM - 9:15 PM MMA - Intermediate	8:00 PM - 9:15 PM MMA Fighters	8:00 PM - 9:15 PM MMA - Intermediate	8:00 PM - 9:15 PM MMA Fighters		1:00 PM - 2:30 PM Beginners - for Boxing MuayThai MMA
					1:00 PM - 2:30 PM Muay Thai Fundamentals

Equipment requirements:

Beginners : Hand wraps and 16oz gloves, School T-shirt,

Boxing Intermediate: Hand wraps, 16oz gloves, mouthpiece, protective cup, boxing shoes, school t-shirt

Muay Thai Intermediate: Hand wraps, 16oz gloves, shin pads, mouthpiece, cup, Muay Thai Shorts, school t-shirt,

We recommend Fairtex brand - you can order from Amazon

School T-shirt - order from dallasmmaboxing.com

Additional info: 972 977 5605 WWW.MUAYTHAIBOXING.COM or WWW.DALLASMMABOXING.COM