



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 Muay Thai

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 All Levels

10:15 AM - 11:30 AM
Sparring - Advanced Only

6:30 PM - 7:45 PM
Brazilian Jiu Jitsu Gi

6:30 PM - 8:00 PM
Brazilian Jiu Jitsu No Gi

6:30 PM - 7:45 PM
Brazilian Jiu Jitsu

6:30 PM - 8:00 PM
Brazilian Jiu Jitsu No Gi

11:30 AM - 1:00 PM
Boxing - Intermediate

8:00 PM - 9:15 PM
MMA All Levels

7:50 PM - 9:15 PM
Boxing - Intermediate +

8:00 PM - 9:15 PM
MMA All Levels

7:50 PM - 9:15 PM
Boxing - Intermediate +

12:00-1:00PM
MMA All Levels

8:00 PM - 9:15 PM
Muay Thai - Intermediate+

8:00 PM - 9:30 PM
MMA - Fighters

8:00 PM - 9:15 PM
Muay Thai - Intermediate+

8:00 PM - 9:30 PM
MMA - Fighters

1:00 PM - 2:30 PM
Beginners Boxing MuayThai MMA

Equipment requirements: **Beginners** : School T-shirt, Hand wraps and 16oz gloves, **RECOMMENDED FOCUS MITTS / THAI PADS**
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

For Program Levels - Consult with your Coach

Additional info: 972 977 5605 WWW.MUAYTHAIBOXING.COM