



**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 Wrestling  
Kids JiuJitsu

**5:30 PM - 6:20 PM**  
Kids Wrestling  
Kids JiuJitsu

**9:30 AM - 10:30 AM**  
Wrestling for MMA BJJ MT

**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

**6:20 PM - 8:00 PM**  
Brazilian Jiu Jitsu Gi

**6:20 PM - 8:00 PM**  
Brazilian Jiu Jitsu No Gi

**6:20 PM - 8:00 PM**  
Brazilian Jiu Jitsu

**6:20 PM - 8:00 PM**  
Brazilian Jiu Jitsu No Gi

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

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

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

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

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

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

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

**8:00 PM - 9:15 PM**  
MMA Fighters

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

**8:00 PM - 9:15 PM**  
MMA Fighters

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](http://WWW.MUAYTHAIBOXING.COM) or [WWW.DALLASMMABOXING.COM](http://WWW.DALLASMMABOXING.COM)