

# GOLDEN ERA TRAINING SCHEDULE

|                       | MONDAY      | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY    | SATURDAY    |
|-----------------------|-------------|-------------|-------------|-------------|-----------|-------------|
| MORNING               |             |             |             |             |           |             |
| ALL LEVELS MT         | 7:30-9 am   | 7:30-9 am   | 7:30-9 am   | 7:30-9 am   | -         | -           |
| BEGINNER MT           | -           | -           | -           | -           | -         | 9-10 am     |
| BAG WORK (NO NEWBIES) | -           | 5-6 pm      | -           | 5-6 pm      | -         | 10-11 am    |
| ALL LEVELS MT         | 11:30am-1pm | 11:30am-1pm | 11:30am-1pm | 11:30am-1pm | -         | -           |
| ADVANCED MT           | -           | -           | -           | -           | -         | 11 am-12 pm |
| NOON                  |             |             |             |             |           |             |
| OPEN SPARRING         | -           | -           | -           | -           | -         | 12-1 pm     |
| EVENING               |             |             |             |             |           |             |
| OPEN GYM              | 4-5 pm      | 4-5 pm      | 4-5 pm      | 4-5 pm      | 4-5 pm    | -           |
| JIU JITSU             | 5-6 pm      | -           | 5-6 pm      | -           | 5-6 pm    | -           |
| BEGINNER MT           | 5-6 pm      | 5-6 pm      | 5-6 pm      | 5-6 pm      | 5-6 pm    | -           |
| BOXING                | 5-6 pm      | -           | 5-6 pm      | -           | 5-6 pm    | -           |
| BEGINNER MT           | 6-7 pm      | 6-7 pm      | 6-7 pm      | 6-7 pm      | 6-7 pm    | -           |
| INTERMEDIATE MT       | 6-7:30 pm   | 6-7:30 pm   | 6-7:30 pm   | 6-7:30 pm   | -         | -           |
| ADVANCED MT           | 6-7:30 pm   | 6-7:30 pm   | 6-7:30 pm   | 6-7:30 pm   | 6-7:30 pm | -           |
| COMPETITIVE MT        | 7 pm        | 7 pm        | 7 pm        | 7 pm        | 7 pm      | -           |

## NOW OPEN FOR ALL CLASSES

**MUAY THAI** Beginner, advanced and competitive.

**BOXING** Work your hands, speed and technique.

**JIU JITSU** Holds, throws and grappling techniques.

**PRIVATE TRAINING** Fine tune your technique with one-on-one training.



THE GYM IS CLOSED WHEN THERE ARE  
NO CLASS TIMES SCHEDULED.  
**CLOSED ON SUNDAYS.**

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