

GOLDEN ERA TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
ALL LEVELS	7:30-9 am	7:30-9 am	7:30-9 am	7:30-9 am	-	-
BEGINNER	-	-	-	-	-	9-10 am
BAG WORK (NO NEWBIES)	-	-	-	-	-	10-11 am
ALL LEVELS	11:30am-1pm	11:30am-1pm	11:30am-1pm	11:30am-1pm	-	-
ADVANCED	-	-	-	-	-	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	-
KIDS	5-6 pm	-	5-6 pm	-	5-6 pm	-
BEGINNER	5-6 pm	5-6 pm	5-6 pm	5-6 pm	5-6 pm	-
BOXING	-	5-6 pm	-	5-6 pm	-	-
BEGINNER	6-7 pm	6-7 pm	6-7 pm	6-7 pm	6-7 pm	-
INTERMEDIATE	6-7:30 pm	6-7:30 pm	6-7:30 pm	6-7:30 pm	-	-
ADVANCED	6-7:30 pm	6-7:30 pm	6-7:30 pm	6-7:30 pm	6-7:30 pm	-
COMPETITIVE	7 pm	7 pm	7 pm	7 pm	7 pm	-

NOW OPEN FOR ALL CLASSES

MUAY THAI Kids, beginner, advanced and competitive.

BOXING Work your hands, speed and technique.

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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