

BSMOOV FITNESS

WEEKLY CLASS SCHEDULE/PRIVATE SESSION AVAILABILITY

SUN

Superhero Muay Thai: 3pm - 4:30pm
Striking Precision Program: 5pm - 6:30pm
Private Session Availability: 7pm - 11pm

MON

Striking Precision Program: 9am - 10:30am
Private Session Availability: 10:30am - 3pm
Superhero Muay Thai: 4:15pm - 5:45pm
Private Session Availability: 7pm - 11pm

TUE

Private Session Availability: 9am - 3pm
Superhero Muay Thai: 4:15pm - 5:45pm
Striking Precision Program: 6pm - 7:30pm
SUPERHERO SPARRING NIGHT: 7:30pm - 11pm

WED

LATE NIGHT PRIVATE SESSION
AVAILABILITY:
9:30pm - 1:30am

THUR

Private Session Availability: 11am - 3pm
Superhero Muay Thai: 4:15pm - 5:45pm
Striking Precision Program: 6pm - 7:30pm
SUPERHERO SPARRING NIGHT: 7:30pm - 11pm

FRI

CLOSED... Until further notice. New services on the way!

SAT

Private Session Availability: 8am - 9:30pm
Striking Precision Program: 10am - 11:30am
Superhero Muay Thai: 12pm - 1:30pm
Private Session Availability: 6pm - 11pm

INFO

Superhero Muay Thai is our Kids Class (4+)
Striking Precision Program/Pad Master: Ask about our introductory free trial/bring a friend bonus!
Private Session Availability: Direct Message me to schedule your session. Cash, Venmo, or CashApp
Superhero Sparring Nights! Every Tue/Thur Night 7:30pm - 11pm! \$15 Drop in for non members
Bring Your Own Gear!

