



	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am-7:50am	Bootcamp		Bootcamp		Bootcamp
9:00am-10:00am	Adult All Rank Muay Thai		Adult All Rank Muay Thai		Adult All Rank Muay Thai
10:30am-12:00pm	Rock Steady Boxing		Rock Steady Boxing		Rock Steady Boxing
3:30pm-4:20pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp
5:15pm-6:05pm	Kids Beginner Muay Thai	Kids Int/Adv Muay Thai	Kids Beginner Muay Thai	Kids Int/Adv Muay Thai	Kids All Rank Muay Thai
6:10pm-7:10pm	Adult Beginner Muay Thai	Adult Int/Adv Muay Thai	Adult Beginner Muay Thai	Adult Int/Adv Muay Thai	Adult Int/Adv Muay Thai Sparring/Sparring Drills
7:15pm-8:15pm	Adult Int/Adv Muay Thai	Adult Beginner Muay Thai	Adult Int/Adv Muay Thai	Adult Beginner Muay Thai	