

**Los Angeles Muay Thai**  
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**2026 GENERAL CLASS SCHEDULE**  
**Boxing + Muay Thai**

|                    | MONDAY                         | TUESDAY                                    | WEDNESDAY                      | THURSDAY                                   | FRIDAY                         | SATURDAY                                                       |
|--------------------|--------------------------------|--------------------------------------------|--------------------------------|--------------------------------------------|--------------------------------|----------------------------------------------------------------|
| 6-7am              | MUAY THAI<br>DAVID             | MUAY THAI<br>DAVID                         | MUAY THAI<br>DAVID             | MUAY THAI<br>DAVID                         | MUAY THAI<br>DAVID             |                                                                |
| 9-11am             | MUAY THAI<br>D'LO              | MUAY THAI<br>D'LO                          | MUAY THAI<br>D'LO              | MUAY THAI<br>D'LO                          | MUAY THAI<br>D'LO              | THAI SPARRING<br>9-11AM                                        |
| 4:30-5:30pm        | KIDS MUAY THAI<br>DAVID&ZARATE | KIDS MUAY THAI<br>FIGHTERS<br>DAVID&ZARATE | KIDS MUAY THAI<br>DAVID&ZARATE | KIDS MUAY THAI<br>FIGHTERS<br>DAVID&ZARATE | KIDS MUAY THAI<br>DAVID&ZARATE | *WOMEN'S<br>SPARRING 1ST<br>SATURDAY OF<br>THE MONTH<br>9-11AM |
| 5:30-6pm           | KIDS FIGHT TEAM                |                                            | KIDS FIGHT TEAM                |                                            | KIDS FIGHT TEAM                |                                                                |
| 6-7pm              | BOXING<br>ZARATE               | BOXING<br>ZARATE                           | BOXING<br>ZARATE               | BOXING<br>ZARATE                           | BOXING<br>ZARATE               |                                                                |
| 7-8pm              | WOMEN'S MUAY<br>THAI<br>KAT    | WOMEN'S MUAY<br>THAI<br>VAL                | WOMEN'S MUAY<br>THAI<br>KAT    | WOMEN'S MUAY<br>THAI<br>VAL                | WOMEN'S MUAY<br>THAI<br>VAL    |                                                                |
| 8-9pm<br>BACK ROOM | MUAY THAI<br>CALEB             | MUAY THAI<br>D'LO                          | MUAY THAI<br>CALEB             | MUAY THAI<br>D'LO                          | MUAY THAI OPEN<br>MAT<br>DAVID |                                                                |

**\*TO JOIN SPARRING CLASS, MEMBERS MUST HAVE 1 YEAR OF PRIOR SPARRING EXPERIENCE OR HAVE COMPLETED 16 STRIKING SPECIFIC PRIVATE SESSIONS**