

MTLA Anaheim's Schedule

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>6:30 am-7:30 am</u>	Muay Thai Class Pads Work		Muay Thai Class Technique Drills		Sparring or Bag class		C L O S E D
<u>12:30 pm-1:30 pm</u>						Kid class	
<u>1:00pm - 2:15 pm</u>		Muay Thai Class Pads Work		Muay Thai Class Technique Drills			
<u>1:30 pm - 2:45 pm</u>						Muay Thai Class pads/drills	
<u>5:00 pm-5:45 pm</u>		Kids Class 4y/o - 12 y/o		Kids Class 4y/o - 12 y/o	Kids sparring or bag work/Adult open gym		
<u>6:00 pm-7:00 pm</u>	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Warm up		
<u>7:00 pm-8:00 pm</u>	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Sparring		
<u>8:00 pm - 9:00 pm</u>	BJJ		BJJ				

Hours of Operation:

Monday, Wednesday, 06:30 a.m. – 07:45 a.m. / 05:00 p.m. – 08:15 p.m.

Tuesday and Thursday: 1:00 p.m. - 2:00 p.m. / 05:00 p.m. – 08:15 p.m.

Friday 06:30 a.m. -07:45 a.m. / 05:00 p.m. - 08:15 p.m.

Saturday: 12:30 p.m. - 13:00 p.m.

Kids who want to spar on Friday please contact coaches before coming!

Private Training: Please schedule the day and time with your trainer!

Please Schedule to stop by or sign up by calling or texting (714) 760-0289.



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