

# MTLA Fullerton's Schedule

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<b>Times/Days</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b><u>6:30 am-7:15 am</u></b>	Muay Thai/Pad Work		Muay Thai/Pad Work		Kickboxing/ Bag class	
<b><u>7:15 am-8:00 am</u></b>	Muay Thai/ Drills		Muay Thai/ Drills		Sparring	
<b><u>8:00 am-8:30am</u></b>	Kickboxing/ Bag class		Kickboxing/ Bag class		Sparring	
<b><u>12:00 pm-1:00 pm</u></b>		Muay Thai/Pad Work		Muay Thai/ Drills		Muay Thai/Pad Work
<b><u>5:00 pm-5:45 pm</u></b>	Kids Class Pad class	Kids Class Drill Class	Kids Class Pad Class	Kids Class Drill Class		
<b><u>5:45 pm-6:30 pm</u></b>	Kickboxing/ Bag class	Kickboxing/Bag class	Kickboxing/ Bag class	Kickboxing/ Bag class	Kickboxing/Bag class	
<b><u>6:30 pm-7:30 pm</u></b>	Muay Thai Class Pads Work	Muay Thai Class/Drills	Muay Thai Class Pad Work	Muay Thai Class/Drills	Sparring	
<b><u>7:30 pm-8:30 pm</u></b>	Muay Thai Class Pad Work	Muay Thai Class/Drills	Muay Thai Class Pad Work	Muay Thai Class/Drills		

**Hours of Operation:**

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

Tuesday and Thursday: 12:00 p.m. - 1:00 p.m. / 05:00 p.m. – 08:45 p.m.

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

Saturday: 12:00 p.m. - 01:00 p.m.

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

**Please Schedule to stop by or sign up by calling or texting (909) 968-1204.**



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