

# MTLA Fullerton's Schedule

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>6:30 am-7:30 am</u></b>	Kickboxing/ Bags classes		Cardio-Kickboxing w/ Conditioning		Kickboxing/ Bags classes	
<b><u>7:30 am-8:30 am</u></b>	Muay Thai Pad Work		Muay Thai Technique Drills		<b>Sparring</b>	
<b><u>12:00 pm-1:00 pm</u></b>		Muay Thai Pad Work		Muay Thai Technique Drills		Muay Thai pads/drills
<b><u>5:00 pm-5:45 pm</u></b>	Kids Class 4y/o - 12 y/o	Kids Class 4y/o - 12 y/o	Kids Class 4y/o - 12 y/o	Kids Class 4y/o - 12 y/o		
<b><u>5:45pm -6:30 pm</u></b>	Conditioning/ Bag class	Conditioning/ Bag class	Conditioning/ Bag class	Conditioning/ Bag class	Conditioning/ Bag class	
<b><u>6:30 pm-7:30 pm</u></b>	Muay Thai Class Pads Work All levels	Muay Thai Class Drills-All levels	Muay Thai Class Pad Work All levels	Muay Thai Class Drills-All levels	<b>Sparring</b>	
<b><u>7:30pm-8:30 pm</u></b>	Muay Thai Class Pad Work All levels	Muay Thai Class Drills-All levels	Muay Thai Class Pad Work All levels	Muay Thai Class Drills-All levels		
<b><u>7:30pm-8:30 pm</u></b>	<b>Drill/Clinch</b> Advance Students	<b>Pad/Clinch</b> Advance Students	<b>Light Sparring/Clinch</b> Advance Students	<b>Pad/Clinch</b> Advance Students		

## **Hours of Operation:**

Monday, Wednesday, 06:30 a.m. – 0830 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.

**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 (909) 968-1204.**



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