

MTLA Fullerton's Schedule

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>6:30 am-7:30 am</u>	Kickboxing/ Bags classes		Cardio-Kickboxing w/ Conditioning		Kickboxing/ Bags classes	
<u>7:30 am-8:30 am</u>	Muay Thai Pads Work		Muay Thai Technique Drills		Sparring	
<u>12:00 pm-1:00 pm</u>		Muay Thai Pads Work		Muay Thai Technique Drills		Muay Thai 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 Class 4y/o - 12 y/o	Kids Class 4y/o - 12 y/o	Kids Class 4y/o - 12 y/o Sparring	
<u>5:45pm -6:30 pm</u>	Conditioning/ Bags class	Conditioning/ Bags class	Conditioning/ Bags class	Conditioning/ Bags class	Conditioning/ Bags class	
<u>6:30 pm-7:30 pm</u>	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Sparring	
<u>7:30pm-8:30 pm</u>	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Sparring	

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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