

# MTLA Fullerton's Schedule

Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>6:30 am-7:30 am</u>	Cardio-Kickboxing w/ Conditioning		Cardio-Kickboxing w/ Conditioning		Cardio-Kickboxing w/ Conditioning		C L O S E D
<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>4:00pm-5:00pm</u>	Open gym	Open gym	Open gym	Open gym			
<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>6:00 pm-6:45 pm</u>	Cardio-Kickboxing w/ Conditioning	Cardio-Kickboxing w/ Conditioning	Cardio-Kickboxing w/ Conditioning	Cardio-Kickboxing w/ Conditioning	6:00pm - 6:30pm: technique review		
<u>7:00 pm-8:15 pm</u>	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	Muay Thai Class Pads Work	Muay Thai Class Technique Drills	6:30pm - 8:15: Sparring		

**Hours of Operation:**

Monday, Wednesday, 0630 a.m. – 0830 a.m. / 0400 p.m. – 0815 p.m.

Tuesday and Thursday: 1200 p.m - 1:00pm / 4:00pm – 0800p.m.

Friday 0630 a.m -0830 a.m/ 0500pm-0815pm

Saturday: 1200 p.m. - 0100 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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