

MTLA ANAHEIM'S SCHEDULE

★★★ TRAIN HARD. STAY HUMBLE. BE A CHAMPION. ★★★

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
⌚ 6:30 am - 7:30 am <i>You can take the next class also.</i>	Muay Thai Class Pad Work		Muay Thai Class Technique Drills		Sparring or Bag class		
⌚ 7:15 am - 8:15 am	Muay Thai Class Drills		Muay Thai Class Pad Work		Sparring		
⌚ 12:30 pm - 1:30 pm						Kid class	
⌚ 1:00 pm - 2:15 pm		Muay Thai Class Pad Work		Muay Thai Class Technique Drills			
⌚ 1:30 pm - 2:45 pm						Muay Thai Class pad/drills	
⌚ 5:00 pm - 5:45 pm		Kids Class 4 y/o - 12 y/o	Kids Class 4 y/o - 12 y/o	Kids Class 4 y/o - 12 y/o	Kids sparring or bag work/Adult open gym		
⌚ 6:00 pm - 7:00 pm	Muay Thai Class Pad Work	Muay Thai Class Technique Drills	Muay Thai Class Pad Work	Muay Thai Class Technique Drills	Warm up		
⌚ 6:30 pm - 7:30 pm					Sparring		
⌚ 7:00 pm - 8:00 pm	Muay Thai Class Pad Work	Muay Thai Class Technique Drills	Muay Thai Class Pad Work	Muay Thai Class Technique Drills	Sparring		
⌚ 7:00 pm - 8:00 pm Advance Students	Clinch/Drill	Advance pad work Clinch	Sparring Clinch	Advance pad work Clinch			



HOURS OF OPERATION



MONDAY, WEDNESDAY, FRIDAY:

6:30 am - 8:15 am | 5:30 pm - 8:15 pm



TUESDAY, THURSDAY:

1:00 pm - 2:00 pm | 5:00 pm - 8:15 pm



SATURDAY:

12:30 pm - 3:00 pm



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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