



MTLA FULLERTON'S SCHEDULE



TIMES / DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM - 7:15 AM	Muay Thai / Pad Work	—	Muay Thai / Pad Work	—	Kickboxing / Bag Class	—
7:15 AM - 8:00 AM	Muay Thai / Drills	—	Muay Thai / Drills	—	Sparring	—
8:00 AM - 8:30 AM	Kickboxing / Bag Class	—	Kickboxing / Bag Class	—	Sparring	—
12:00 PM - 1:00 PM	—	Muay Thai / Pad Work	—	Muay Thai / Drills	—	Muay Thai / Pad Work
5:00 PM - 5:45 PM	Kids Class Pad Class	Kids Class Drill Class	Kids Class Pad Class	Kids Class Drill Class	—	—
5:45 PM - 6:30 PM	Kickboxing / Bag Class	Kickboxing / Bag Class	Kickboxing / Bag Class	Kickboxing / Bag Class	Kickboxing / Bag Class	—
6:30 PM - 7:30 PM	Muay Thai Class Pads Work	Muay Thai Class / Drills	Muay Thai Class Pad Work	Muay Thai Class / Drills	Sparring	—
7:30 PM - 8:30 PM	Muay Thai Class Pad Work	Muay Thai Class / Drills	Sparring Class (All membership tiers are okay!)	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, 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!

SCAN TO VISIT OUR
INSTAGRAM PAGE!



CONNECT WITH US!

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