

The House of Muay Thai: Norfolk

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	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
6:00-7:00AM	Muay Thai Bag Class		Muay Thai Bag Class		Muay Thai Bag Class		
9:00-10:30AM						**Advanced Muay Thai	
11:00AM-12:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	Muay Thai Bag Class	
1:00-2:00PM							****Boxing
5:00-6:00PM	Children's Martial Arts (Muay Thai)	Children's Martial Arts (BJJ)	Children's Martial Arts (Muay Thai)	Children's Martial Arts (BJJ)	Children's Martial Arts (Muay Thai)		
6:00-7:00PM	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class		
7:00-8:00PM	**Advanced Muay Thai	* Muay Thai Fundamentals	**Advanced Muay Thai	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
8:00-9:00PM	Adult BJJ (Gi)	Adult Fundamental BJJ (Gi)	Adult BJJ (Gi)	Adult Fundamental BJJ (Gi)	Adult BJJ (No-Gi)		

<i>TRIAL INTRODUCTORY CLASSES</i>		
5:00-6:00PM	Monday-Friday	Children's Martial Arts
5:30-7:00PM	Monday-Friday	Muay Thai
10:30A-12:00P	Saturday	
8:00-9:00PM	Monday-Thursday	Brazilian Jiu Jitsu

<i>AVAILABLE CROSS-TRAINING</i>			
12:00-1:00PM	Saturday	***BJJ Advanced Rolling	Element VB
1:00-2:00PM	Saturday	****Boxing	HOMT VB

* Beginners are required to attend a minimum of 5-10 Muay Thai Bag Classes before attending our Fundamentals classes.

**Attendance pre-requisite is competency in our Muay Thai Fundamentals classes. For beginners, this is one full completion of our 8-week curriculum in our Fundamentals classes.

*** Additional cross-training available at Element Academy in Virginia Beach. Minimum of 1 stripe or 3 months of BJJ training required before attendance.

**** Available to all Muay Thai members.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP