

# The House of Muay Thai - Norfolk

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-7:00AM</b>	Muay Thai Bag Class		Muay Thai Bag Class		Muay Thai Bag Class		
<b>9:00-10:30AM</b>						**Advanced Muay Thai	
<b>11:00AM-12:00PM</b>	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	Muay Thai Bag Class	
<b>5:00-6:00PM</b>	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)		
<b>6:00-7:00PM</b>	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class		
<b>7:00-8:00PM</b>	**Advanced Muay Thai	* Muay Thai Fundamentals	**Advanced Muay Thai	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
<b>8:00-9:00PM</b>	Adult BJJ (Gi)	Adult Fundamental BJJ (Gi)	Adult BJJ (Gi)	Adult Fundamental BJJ (Gi)	Adult BJJ (No-Gi)		

## TRIAL INTRODUCTORY CLASSES

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

## AVAILABLE CROSS-TRAINING

<b>9:00-10:30AM</b>	Saturday	**Advanced Muay Thai / MT Competition Team Training	HOMT NFK
<b>12:00-1:00PM</b>	Saturday	***BJJ Advanced Rolling	Element 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.

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

**ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP**