

The House of Muay Thai - Norfolk

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM	Fitness Kickboxing		Fitness Kickboxing		Fitness Kickboxing		
11:00AM-12:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
12:00-1:00PM						Fitness Kickboxing	
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	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
7:00-8:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* 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)		

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Monday-Friday	Children's Martial Arts
5:30-6:00PM	Monday-Friday	Muay Thai
11:30AM-12:00PM	Saturday	
8:00-9:00PM	Monday-Thursday	Brazilian Jiu Jitsu

AVAILABLE CROSS-TRAINING			
7:45-8:30PM	Tuesday & Thursday	**MT Comp Team Training	HOMT VB
9:00-10:30AM	Saturday		
12:00-1:00PM	Saturday	***BJJ Advanced Rolling	Element VB

* Minimum of 5-10 Fitness Kickboxing classes required before attendance.

** Available to Norfolk members **AND** minimum of 5-10 Muay Thai Fundamental classes required before attendance.

*** 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