

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	Fitness Kickboxing		Fitness Kickboxing		Fitness Kickboxing		
9:00-10:30AM						**MT Competition Team Training	
11:00AM-12:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	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 / Sparring	* Muay Thai Fundamentals	* Muay Thai Fundamentals / Sparring	* 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
5:30-6:00PM	Monday-Friday	Muay Thai
10:30-11:00AM	Saturday	
8:00-9:00PM	Monday-Friday	Brazilian Jiu Jitsu

<i>AVAILABLE CROSS-TRAINING</i>			
8:00-9:00PM	Tuesday & Thursday	**MT Competition Team Training	HOMT Virginia Beach
7:45-8:30PM	Monday & Wednesday	** MT Competition Team Training	HOMT Williamsburg
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.

**Minimum of 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