

# The House of Muay Thai: MMA & Performance Center

757-383-9293 | info@thehouseofmuaythai.com | 829 Lynnhaven Pkwy, #110, Virginia Beach, VA 23452 | www.thehouseofmuaythai.com

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
11:00AM-12:00PM		*Muay Thai Fundamentals				*Muay Thai Fundamentals				
1:00-2:00PM									Boxing	
5:00-6:00PM		Youth Muay Thai 5:15-6:00PM	Strength & Conditioning		Submission Grappling	Youth Muay Thai 5:15-6:00PM	Strength & Conditioning		Submission Grappling	Youth Muay Thai 5:15-6:00PM
6:00-7:00PM		Fitness Kickboxing	Fitness Kickboxing	MMA Striking	Fitness Kickboxing		Fitness Kickboxing	MMA Striking	Fitness Kickboxing	
7:00-8:00PM		* Muay Thai Fundamentals	*Muay Thai Fundamentals	MMA Wrestling	* Muay Thai Fundamentals		*Muay Thai Fundamentals	MMA Wrestling	*** MMA Sparring	
8:00-9:00PM			** MT Competition Team Training				** MT Competition Team Training			

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Tuesday and Thursday	Strength & Conditioning
5:00-6:00PM	Wednesday & Friday	Submission Grappling
5:30-6:00PM	Monday-Friday	Muay Thai

AVAILABLE CROSS-TRAINING			
9:00-10:30AM	Saturday	**MT Competition Team Training	HOMT Norfolk
7:45-8:30PM	Monday & Wednesday	** MT Competition Team Training	HOMT Williamsburg
9:00-10:30AM	Saturday		

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

\*\* Minimum of 10 Muay Thai Fundamental classes required before attendance.

\*\*\* Invitation only.

\*\*\*\* Boxing currently included in all Virginia Beach memberships.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP