

The House of Muay Thai: MMA & Performance Center

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		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
1:00-2:00P												Boxing	Boxing
5:00-6:00P		Submission Grappling	Youth Muay Thai 5:15-6:00P	Strength & Conditioning		Submission Grappling	Youth Muay Thai 5:15-6:00P	Strength & Conditioning		Submission Grappling	Youth Muay Thai 5:15-6:00P		
6:00-7:00P		Muay Thai Bag Class		Muay Thai Bag Class	***MMA Striking	Muay Thai Bag Class		Muay Thai Bag Class	***MMA Striking	Muay Thai Bag Class			
7:00-8:00P		* Muay Thai Fundamentals		**Advanced Muay Thai	***MMA Wrestling	* Muay Thai Fundamentals		**Advanced Muay Thai	***MMA Wrestling	***MMA Sparring			

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Tuesday & Thursday	Strength & Conditioning
5:00-6:00PM	Monday, Wednesday, & Friday	Submission Grappling
5:30-7:00PM	Monday-Friday	Muay Thai

AVAILABLE CROSS-TRAINING			
9:00-10:30AM	Saturday	**Advanced Muay Thai / MT Competition Team Training	HOMT Norfolk

* 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.

*** Attendance pre-requisite is competency in both our striking and grappling classes.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP