

The House of Muay Thai: MMA & Performance Center

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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:00-7:00A	Muay Thai Bag Class			Muay Thai Bag Class				Muay Thai Bag Class					
1:00-2:00P													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.

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

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP