

# The House of Muay Thai: MMA & Performance Center

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| Monday     |                          |                            | Tuesday                 |                  | Wednesday                |                            | Thursday                |                  | Friday               |                            | Saturday   | Sunday |
|------------|--------------------------|----------------------------|-------------------------|------------------|--------------------------|----------------------------|-------------------------|------------------|----------------------|----------------------------|------------|--------|
|            |                          |                            |                         |                  |                          |                            |                         |                  |                      |                            |            |        |
| 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 |
| 1:00-2:00PM              | Sunday   | ****Boxing                                          | 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.

\*\*\*\* Available to all Muay Thai members.

**ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP**