

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
11:00A-12:00P			*Muay Thai Fundamentals				*Muay Thai Fundamentals					
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	Fitness Kickboxing		Fitness Kickboxing	MMA Striking	Fitness Kickboxing		Fitness Kickboxing	MMA Striking	Fitness Kickboxing			
7:00-8:00P	* Muay Thai Fundamentals		*Muay Thai Fundamentals	MMA Wrestling	* Muay Thai Fundamentals		*Muay Thai Fundamentals	MMA Wrestling	*** MMA Sparring			
8:00-9:00P			** MT Competition Team Training				** MT Competition Team Training					

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Tuesday and Thursday	Strength & Conditioning
5:00-6:00PM	Monday, Wednesday, and Friday	Submission Grappling
6:00-7:00PM 7:00-8:00PM	Tuesday and Thursday	MMA
5:30-7:00PM	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.

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

**** Monday's Submission Grappling class is available to all members.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP