

The House of Muay Thai: MMA & Performance Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30AM						*** MT Comp Team Training	
12:00-1:00PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
5:00-6:00PM		Strength & Conditioning	**** Submission Grappling	Strength & Conditioning	*** Submission Grappling		
6:00-7:00PM	Fitness Kickboxing	Fitness Kickboxing	** MMA	Fitness Kickboxing	Fitness Kickboxing		
7:00-8:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	** MMA		
7:45-8:30PM		*** MT Comp Team Training		*** MT Comp Team Training			

INTRODUCTORY CLASSES		
5:30-6:00PM	Monday-Friday	Muay Thai

CROSS TRAINING IN OTHER LOCATION			
7:00-8:00PM	Friday	Muay Thai Fundamentals	HOMT Norfolk

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

** Minimum of 5 Muay Thai Fundamental classes required before attendance.

*** Available to Norfolk AND Virginia Beach students **AND** minimum of 5 Muay Thai Fundamental classes required before attendance.

**** Currently FREE to allo HOMT VB students.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP