

The House of Muay Thai: MMA & Performance Center

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:30AM						** 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			

TRIAL INTRODUCTORY CLASSES		
12:00-1:00PM	Monday-Friday	Strength & Conditioning
5:00-6:00PM	Tuesday & Thursday	
5:00-6:00PM	Wednesday & Friday	Submission Grappling
5:30-6:00PM	Monday-Friday	Muay Thai

AVAILABLE CROSS-TRAINING			
7:00-8:00PM	Friday	Muay Thai Fundamentals	HOMT Norfolk

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

** Minimum of 5-10 Muay Thai Fundamental classes required before attendance.

*** Invitation only.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP