

The House of Muay Thai: MMA & Performance Center

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:30AM						Strength & Conditioning	
5:00-6:00PM	Youth Muay Thai 5:15-6:00PM	Strength & Conditioning	Submission Grappling	Youth Muay Thai 5:15-6:00PM	Strength & Conditioning	Submission Grappling	Youth Muay Thai 5:15-6:00PM
6:00-7:00PM	Fitness Kickboxing	Fitness Kickboxing	*** MMA	Fitness Kickboxing	Fitness Kickboxing	*** MMA	Fitness Kickboxing
7:00-8:00PM	* Muay Thai Fundamentals	*Muay Thai Fundamentals	MMA Wrestling	* Muay Thai Fundamentals	*Muay Thai Fundamentals	MMA Wrestling	*** MMA
8:00-9:00PM		** MT Competition Team Training		** MT Competition Team Training			

TRIAL INTRODUCTORY CLASSES		
10:30-11:30AM	Saturday	Strength & Conditioning
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
9:00-10:30AM	Saturday	** MT Competition Team Training	
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.

*** Invitation only.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP