

The House of Muay Thai - Williamsburg

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
9:00AM-10:30AM						** MT Comp Team Training	
10:30AM-12:00PM						Muay Thai Fundamentals	
12:00-1:00PM						Fitness Kickboxing	
5:00-6:00PM	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai		
6:00-7:00PM	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
7:00-8:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals		

<i>INTRODUCTORY CLASSES</i>		
5:30-6:00PM	Monday-Friday	Muay Thai
11:30AM-12:00PM	Saturday	Muay Thai

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

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

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP