

The House of Muay Thai: Williamsburg

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00AM	Muay Thai Bag Class		Muay Thai Bag Class				
10:00-11:00AM						Muay Thai Bag Class	
5:00-6:00PM	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai		
6:00-7:00PM	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class	Muay Thai Bag Class		
7:00-8:00PM	* Muay Thai Fundamentals	* Muay Thai Fundamentals	**Advanced Muay Thai	* Muay Thai Fundamentals	**Advanced Muay Thai		

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Monday-Friday	Youth Muay Thai
5:30-7:00PM	Monday-Friday	Muay Thai
9:30-11:00AM	Saturday	

AVAILABLE CROSS-TRAINING			
9:00-10:30AM	Saturday	**Advanced Muay Thai / MT Competition Team Training	HOMT Norfolk
1:00-2:00PM	Saturday	Boxing	HOMT VB
1:00-2:00PM	Sunday	Boxing	HOMT Norfolk

* Beginners are required to attend a minimum of 5-10 Muay Thai Bag Classes before attending our Fundamentals classes.

**Attendance pre-requisite is competency in our Muay Thai Fundamentals classes. For beginners, this is one full completion of our 8-week curriculum in our Fundamentals classes.

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP