

The House of Muay Thai - Williamsburg

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00AM	Fitness Kickboxing		Fitness Kickboxing				
9:00-10:30AM						** MT Competition Team Training	
10:30-11:30AM						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		
7:45-8:30PM	** MT Competition Team Training		** MT Competition Team Training				

TRIAL INTRODUCTORY CLASSES		
5:00-6:00PM	Monday-Friday	Youth Muay Thai
5:30-7:00PM	Monday-Friday	Muay Thai
10:00-11:30AM	Saturday	

AVAILABLE CROSS-TRAINING			
8:00-9:00PM	Tuesday & Thursday	**MT Competition Team Training	HOMT Virginia Beach
9:00-10:30AM	Saturday	**MT Competition Team Training	HOMT Norfolk

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

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

ALL CLASSES REQUIRE RESERVATIONS THROUGH THE ZEN PLANNER MEMBER APP