

# The House of Muay Thai - Williamsburg

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-7:00AM</b>	Fitness Kickboxing		Fitness Kickboxing				
<b>9:00-10:30AM</b>						** MT Competition Team Training	
<b>10:30-11:30AM</b>						Fitness Kickboxing	
<b>5:00-6:00PM</b>	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai		
<b>6:00-7:00PM</b>	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing	Fitness Kickboxing		
<b>7:00-8:00PM</b>	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals	* Muay Thai Fundamentals		
<b>7:45-8:30PM</b>	** MT Competition Team Training		** MT Competition Team Training				

TRIAL INTRODUCTORY CLASSES		
<b>5:00-6:00PM</b>	Monday-Friday	Youth Muay Thai
<b>5:30-6:00PM</b>	Monday-Friday	Muay Thai
<b>10:00-10:30AM</b>	Saturday	

AVAILABLE CROSS-TRAINING			
<b>8:00-9:00PM</b>	Tuesday & Thursday	**MT Competition Team Training	HOMT Virginia Beach
<b>9:00-10:30AM</b>	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**