



CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM						Jiu Jitsu 7:00am-8:00am	
8AM		Muay Thai for Fitness 8:00am-9:00am		Muay Thai for Fitness 8:00am-9:00am		Muay Thai for Fitness 8:00am-9:00am	
9AM						Muay Thai Beginning 9:00am-10:00am	
10A M	Muay Thai Beginning/Int 10:00am-11:00am		Muay Thai Beginning/Int 10:00am-11:00am		Muay Thai Beginning/Int 10:00am- 11:00am	Muay Thai Int/Advanced 10:00am-11:00am	GROOV3 COMING 2019!
11A M						Muay Thai Int/Adv Drills & Sparring 11:00am-12:00pm	
12P M						All In One 12:30pm-1:30pm Self-Protection \$20 Intro 2:00pm-2:30pm Beginning 2:30-3:30pm Int/Adv 3:30-4:30pm	
OPEN MAT- NO CLASSES IN SESSION							
4PM		Jr. Muay Thai (ages 5-8) Beginning 4:30pm-5:15pm		Jr. Muay Thai (ages 5-8) Beginning 4:30pm-5:15pm	Jr. Muay Thai (ages 5-8) Intermediate 4:30pm-5:15pm		
5PM	Jr. Muay Thai Intermediate 5:00pm-5:45pm	Jr. Muay Thai (ages 9-15) Beginning 5:15pm-6:00pm	Jr. Muay Thai Intermediate 5:00pm-5:45pm	Jr. Muay Thai (ages 9-15) Beginning 5:15pm-6:00pm	Jr. Ring Training Intermediate 5:15pm-6:00pm		
6PM	Muay Thai Beginning 6:30pm-7:30pm	Boxing for Fitness Intro 6:15pm-6:30pm 6:30pm-7:30pm	Muay Thai Beginning 6:30pm-7:30pm	All in One 6:30pm-7:30pm	Muay Thai Advanced 6:00pm-7:00pm		
7PM	Muay Thai Int/Adv 7:30pm-8:30pm	Muay Thai Beginning 7:30pm-8:30pm	Clinching (All Levels) 7:30pm-8:30pm	Muay Thai Beginning 7:30pm-8:30pm			
8PM		Muay Thai Int/Adv 8:30pm-9:30pm		Muay Thai Int/Adv 8:30pm-9:30pm			

*classes and instructors are subject to change

Hours of Operation Monday through Friday, 5:00am-10:00pm | Saturday, 7:00am-5:00pm | Sunday, 8:00am-5:00pm

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FREE PARKING is available on site and at the Art Institute Parking structure on the 5th and 6th floor on the corner of Weddington and Lankershim (5250 Lankershim Blvd. entrance on Weddington). Please bring your parking ticket to our front desk for validation.