

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 07:00		Muay Thai		Muay Thai			
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Weekend Warriors	
07:00 - 08:00	Boxing	Muay Thai	Boxing	Muay Thai	Boxing		
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Weekend Warriors	Weekend Warriors
08:30 - 09:30	Hybrid Hour		Hybrid Hour		Hybrid Hour	Boxing	Muay Thai
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad	Weekend Warriors	Weekend Warriors
12:30 - 13:30	Boxing	Muay Thai	Boxing	Muay Thai	Boxing	Boxing	Muay Thai
	Emergere		Emergere		Emergere	Boxing	Muay Thai
17:30 - 18:15	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad		
18:30 - 19:30	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai	Mobility	
	Strength Squad	Blast and Burn	Strength Squad	Blast and Burn	Strength Squad		
19:30 - 20:30	Muay Thai	Boxing	Muay Thai	Boxing	Muay Thai		

Kids Muay Thai Class
Monday & Wednesday 17:00-17:45