




Class schedule

| Monday Saturday | Tuesday Sunday | Wednesday | Thursday | Friday | | |
|--|--|---|--|---|--|--|
| | 8:00-9:00am Bag and Conditioning | | 8:00-9:00am Bag and Conditioning | | 8:30-9:30am Bag and Conditioning | |
| | | | | | 10-11am Bag and Conditioning | |
| | | 12:00-1:00pm Bag and Conditioning | | 12:00-1:00pm Bag and Conditioning | | |
| | | | | | | |
| 5:30-6:30pm Bag and Conditioning | 5:30-6:30pm Youth Muay Thai | 5:30-6:30pm Bag and Conditioning | 5:30-6:30pm Youth Muay Thai | 5:30-6:30pm Youth Muay Thai | | |
| 7:00-8:00pm Bag and Conditioning | 7:00-8:00pm Bag and Conditioning | 7:00-8:00pm Bag and Conditioning | 7:00-8:00pm Bag and Conditioning | 7:00-8:00pm Bag and Conditioning | | |
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For more information please contact
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We offer private and small group sessions