



with **H Y R O X**

MONDAY

MUAY THAI
KIDS MUAY THAI CLASS (5-12 years)
MUAY THAI
STRIKING CLASS (MMA/BOXING/KICKBOXING)

12:15 – 1:15pm (60min)
5:15 – 6:05pm (50min)
6:15 – 7:15pm (60min)
7:15 – 8:15pm (60min)

TUESDAY

MUAY THAI FITNESS – Morning Class
KIDS BRAZILIAN JIU-JITSU (GI) (5-12 years)
KICKBOXING / BOXING
H Y R O X
MUAY THAI

6:15 – 7:15am (60min)
5:15 – 6:05pm (50min)
6:15 – 7:15pm (60min)
6:15 – 7:15pm (60min)
7:15 – 8:45pm (90min)

WEDNESDAY

MUAY THAI
KIDS MUAY THAI CLASS (5-12 years)
MUAY THAI
STRIKING CLASS (MMA/BOXING/KICKBOXING)

12:15 – 1:15pm (60min)
5:15 – 6:05pm (50min)
6:15 – 7:15pm (60min)
7:15 – 8:15pm (60min)

THURSDAY

MUAY THAI FITNESS – Morning Class
KIDS BRAZILIAN JIU-JITSU (GI) (5-12 years)
KICKBOXING / BOXING
H Y R O X
MUAY THAI

6:15 – 7:15am (60min)
5:15 – 6:05pm (50min)
6:15 – 7:15pm (60min)
6:15 – 7:15pm (60min)
7:15 – 8:45pm (90min)

FRIDAY

SPARRING – MUAY THAI / MMA

6 – 7pm (60min)

SATURDAY

MUAY THAI

10am – 11:30 (90min)

SUNDAY

MUAY THAI
H Y R O X

1:15 – 2:15pm (60min)
2:15 – 2:45pm (30min)