

CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am						Comprehensive
11 am						Women's Muay Thai and Self Defense
5 pm	Open Gym		Open Gym		Open Gym	
6 pm	Foundations	Strength and Conditioning	Foundations	Fighter Rounds	Foundations	
7pm	Comprehensive Boxing	Comprehensive Clinch	Comprehensive Sparring	Comprehensive Clinch	Comprehensive Sparring	

**PACIFIC
MUAYTHAI**
แปซิฟิก มวยไทย ยิม
pmt@pacificmuaythai.com www.pacificmuaythai.com