

CLASS SCHEDULE

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

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