



SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7: 30 am Muay Thai		6:30 - 7: 30 am Muay Thai		6:30 - 7: 30 am Muay Thai		*Personal Training* Appointment Only
6:00 - 7: 00 pm Fight Fit HIIT	5:30 - 6: 30 pm Kids Muay Thai/ Kickboxing/Boxing	6:00 - 7: 00 pm Fight Fit HIIT	5:30 - 6: 30 pm Kids Muay Thai/ Kickboxing/Boxing	5:00 - 5: 45 pm Women's Muay Thai	10:00 - 11:00 am Kids Muay Thai/ Kickboxing/Boxing	
7:15 - 8:15 pm Muay Thai	6:45 - 7:45 pm Kickboxing	7:15 - 8:15 pm Boxing	6:45 - 7:45 pm Muay Thai	6:00 - 7: 00 pm Fight Fit HIIT	11:15 - 12:15 pm Muay Thai	
8:30 - 9:30 pm Muay Thai	8:00 - 9:00 pm Kickboxing	8:30 - 9:30 pm Boxing	8:00 - 9:00 pm Muay Thai	7:15 - 8:15 pm Kickboxing	12:30 - 1:30 pm Boxing	
				8:30 - 9:30 pm Kickboxing		

Effective Feb 22, 2021