

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
	PRIVATE SESSIONS MUST BE MADE BY APPOINTMENT. TO SCHEDULE AN APPOINTMENT, CALL (718) 965-0199.													
7 AM	Basic Muay Thai Drills/Conditioning 7:00am - 8:00am		Basic Muay Thai Pads/Clinch 7:00am - 8:00am		Basic Muay Thai Drills/Conditioning 7:00am - 8:00am		Basic Muay Thai Pads/Clinch 7:00am - 8:00am		Basic Muay Thai Drills/Conditioning 7:00am - 8:00am		CLOSED (7:00am - 12:00pm)			
8 AM	CLOSED (8:00am - 10:00am)													
9 AM														
10 AM	Basic Muay Thai Drills/Conditioning 10:00pm - 11:00am		Basic Muay Thai Pads/Clinch 10:00pm - 11:00am		Basic Muay Thai Drills/Conditioning 10:00pm - 11:00am		Basic Muay Thai Pads/Clinch 10:00pm - 11:00am		Basic Muay Thai Drills/Conditioning 10:00pm - 11:00am		CLOSED (3:00pm - 9:00pm)			
11 AM	Intermediate/Advanced Muay Thai Drills/Sparring 11:00am - 12:00pm		Intermediate/Advanced Muay Thai Pad/Clinch 11:00am - 12:00pm		Intermediate/Advanced Muay Thai Drills/Sparring 11:00am - 12:00pm		Intermediate/Advanced Muay Thai Pad/Clinch 11:00am - 12:00pm		Intermediate/Advanced Muay Thai Drills/Sparring 11:00am - 12:00pm					
12 PM	Beg/Intermediate Boxing Drills/Sparring 12:00pm - 1:00pm		Beg/Intermediate Boxing Pads/Conditioning 12:00pm - 1:00pm		Beg/Intermediate Boxing Drills/Sparring 12:00pm - 1:00pm		Beg/Intermediate Boxing Pads/Conditioning 12:00pm - 1:00pm		Beg/Intermediate Boxing Drills/Sparring 12:00pm - 1:00pm				Advanced Open Sparring Thai Boxing/Boxing 12:00pm - 1:00pm	
1 PM	CLOSED (1:00pm - 4:00pm)												Beg/Intermediate Muay Thai Pad/Clinch 1:00pm - 2:00pm	
2 PM													Beg/Intermediate Boxing Pads/Conditioning 2:00pm - 3:00pm	
3 PM														
4 PM	Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm		Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm		Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm		Kids class 5 - 13 Boxing/Kickboxing 4:00pm - 5:00pm		CLOSED (4:00pm - 5:00pm)		CLOSED (3:00pm - 9:00pm)			
5 PM	Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm		Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm		Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm		Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm		Teens class 13 - 17 Boxing/Kickboxing 5:00pm - 6:00pm					
6 PM	Basic Muay Thai Drills/Conditioning 6:00pm - 7:00pm	Beg/Inter Boxing Drills/Sparring 6:00pm - 7:00pm	Basic Muay Thai Pads/Clinch 6:00pm - 7:00pm	Beg/Inter Boxing Pads 6:00pm - 7:00pm	Basic Muay Thai Drills/Conditioning 6:00pm - 7:00pm	Beg/Inter Boxing Drills/Sparring 6:00pm - 7:00pm	Basic Muay Thai Pads/Clinch 6:00pm - 7:00pm		Beg/Intermediate Boxing Drills/Sparring 6:00pm - 7:00pm					
7 PM	Intermediate/Advanced Thai Drills/Sparring 7:00pm - 8:00pm		Int/Adv Thai Pads/Clinch 7:00pm - 8:00pm	BJJ/MMA (Beg/Int) 7:00pm - 8:00pm	Intermediate/Advanced Thai Drills/Sparring 7:00pm - 8:00pm		Int/Adv Thai Pads/Clinch 7:00pm - 8:00pm	BJJ/MMA (Beg/Int) 7:00pm - 8:00pm	CLOSED (7:00pm - 9:00pm)					
8 PM	Beg/Intermediate Boxing Drills/Sparring 8:00pm - 9:00pm		Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm		Beg/Intermediate Boxing Drills/Sparring 8:00pm - 9:00pm		Beg/Intermediate Boxing Pads/Conditioning 8:00pm - 9:00pm							