

OPEN GYM, SELF-TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM, SELF-TRAINING 7:00AM - 9:00PM				OPEN GYM, SELF-TRAINING 7:00AM - 7:00PM	OPEN GYM, SELF-TRAINING 9:00AM - 4:00PM

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THAI KICKBOXING BEG/INT Fundamentals/Drills 7:30AM - 8:30AM	THAI KICKBOXING BEG/INT Fundamentals/Pads/Clinch 7:00AM - 8:00AM	THAI KICKBOXING BEG/INT Fundamentals/Drills 7:30AM - 8:30AM	THAI KICKBOXING BEG/INT Fundamentals/Pads/Clinch 7:00AM - 8:00AM	THAI KICKBOXING BEG/INT Fundamentals/Drills 7:30AM - 8:30AM	GYM OPENS 9:00 AM
THAI KICKBOXING BEG/INT Fundamentals/Drills 10:00AM - 11:00AM	THAI KICKBOXING BEG/INT Fundamentals/Pads/Clinch 10:00AM - 11:00AM	THAI KICKBOXING BEG/INT Fundamentals/Drills 10:00AM - 11:00AM	THAI KICKBOXING BEG/INT Fundamentals/Pads/Clinch 10:00AM - 11:00AM	THAI KICKBOXING BEG/INT Fundamentals/Drills 10:00AM - 11:00AM	
THAI KICKBOXING ADV Open Sparring 11:00AM - 12:00PM		THAI KICKBOXING ADV Open Sparring 11:00AM - 12:00PM			THAI KICKBOXING ADV Open Sparring 12:00PM - 1:00PM
THAI KICKBOXING BEG/INT Fundamentals/Drills 6:00PM - 7:00PM	THAI KICKBOXING BEG/INT Fundamentals/Pads/Clinch 6:00PM - 7:00PM	THAI KICKBOXING BEG/INT Fundamentals/Drills 6:00PM - 7:00PM	THAI KICKBOXING BEG/INT Fundamentals/Pads/Clinch 6:00PM - 7:00PM		GYM CLOSES 4:00PM
THAI KICKBOXING ADV Open Sparring 7:00PM - 8:00PM		THAI KICKBOXING ADV Open Sparring 7:00PM - 8:00PM			