

## OPEN GYM, SELF-TRAINING SCHEDULE\*

\* = *BOXING TRAINING (SELF TRAINING, FREE WITH PAID GYM DUES) OR WITH A PERSONAL TRAINER (FEES APPLY)*

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	
BOXING   ADULT All Levels 9:00AM - 10:00AM	BOXING   ADULT All Levels 9:00AM - 10:00AM	BOXING   ADULT All Levels 9:00AM - 10:00AM	BOXING   ADULT All Levels 9:00AM - 10:00AM	BOXING   ADULT All Levels 9:00AM - 10:00AM	
THAI KICKBOXING   ADV Open Sparring 11:00AM - 12:00PM		THAI KICKBOXING   ADV Open Sparring 11:00AM - 12:00PM			BOXING   OPEN SPARRING All Levels 11:00AM - 12:00PM
BOXING   ADULT All Levels 12:00PM - 1:00PM	BOXING   ADULT All Levels 12:00PM - 1:00PM	BOXING   ADULT All Levels 12:00PM - 1:00PM	BOXING   ADULT All Levels 12:00PM - 1:00PM	BOXING   ADULT All Levels 12:00PM - 1:00PM	THAI KICKBOXING   ADV Open Sparring 12:00PM - 1:00PM
BOXING/MUAY THAI   KIDS 5 - 12 All Levels 4:00PM - 5:00PM	BOXING/MUAY THAI   KIDS 5 - 12 All Levels 4:00PM - 5:00PM		BOXING/MUAY THAI   KIDS 5 - 12 All Levels 4:00PM - 5:00PM		GYM CLOSING 4:00 PM
TEEN BOXING   AGES 13 - 17 All Levels 5:00PM - 6:00PM		TEEN BOXING   AGES 13 - 17 All Levels 5:00PM - 6:00PM		TEEN BOXING   AGES 13 - 17 All Levels 5:00PM - 6:00PM	
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		
THAI KICKBOXING   ADV Open Sparring 7:00PM - 8:00PM	BOXING   ADULT All Levels 7:00PM - 8:00PM	THAI KICKBOXING   ADV Open Sparring 7:00PM - 8:00PM	BOXING   ADULT All Levels 7:00PM - 8:00PM	BOXING   ADULT All Levels 7:00PM - 8:00PM	