

<b>MUAY THAI</b>					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Foundations</b> 7-8pm	<b>Foundations</b> 8:30-9:30pm		<b>Foundations</b> 7-8pm	<b>Foundations</b> 7-8pm Open Workout	<b>Foundations</b> 11am-12pm
<b>Gold</b> 8-9pm		<b>Gold</b> 8-9pm	<b>Gold</b> 8-9pm		<b>Gold</b> 12-1pm
					<b>Platinum</b> 1-2pm

<b>BOXING</b>					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6-7pm	5:30-6:30pm	6-7pm		6-7pm	9-10am

<b>MMA Platinum</b>					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	6:30-7:30pm		6-7pm		

<b>BOOT CAMP KICKBOXING</b>					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	7:30-8:30pm	7-8pm			10-11am

<b>YOUTH MUAY THAI</b>					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
5-6pm		5-6pm	4:30-5:15pm		



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Schedule Effective February 2, 2012

