



# SCHEDULE

MONDAY		
7:00A - 8:00A	BOOTCAMP	
8:15A - 9:30A	MUAY THAI	
4:00P - 4:30P	TIGER THAI B	WHITE - RED
4:15P - 5:00P	TKD	ALL LEVELS
4:30P - 5:00P	TIGER THAI A	BROWN - CAMO
5:00P - 5:30P	KIDS THAI	BEGINNER
5:00P - 5:30P	KIDS BJJ	AGES 4-7
5:00P - 5:30P	KENPO	AGES 7-10
5:30P - 6:15P	KIDS THAI	INTERMEDIATE & ADVANCE
5:30P - 6:15P	KIDS BJJ	AGES 8-12
5:30P - 6:15P	KENPO	AGES 11 TO ADULT
6:00P - 7:30P	NO-GI BJJ	
6:15P - 7:00P	CORE & FITNESS	
6:15P - 7:00P	HAPKIDO	
7:30P - 9:00P	MUAY THAI	ADULT

TUESDAY		
8:15A - 9:15A	BELLS & BOXING	
4:00P - 4:30P	TIGER THAI B	WHITE - RED
4:15P - 5:00P	TKD	ADVANCED
4:30P - 5:00P	TIGER THAI A	BROWN - CAMO
5:00P - 5:30P	KIDS THAI	BEGINNER
5:30P - 6:15P	KIDS THAI	INTERMEDIATE & ADVANCE
6:00P - 7:30P	GI BJJ	
6:30P - 8:00P	WRESTLING	
7:30P - 9:00P	MUAY THAI	ADULT

WEDNESDAY		
7:00A - 8:00A	BOOTCAMP	
8:15A - 9:30A	MUAY THAI	
4:00P - 4:30P	TIGER THAI B	WHITE - RED
4:15P - 5:00P	TKD	ALL LEVELS
4:30P - 5:00P	TIGER THAI A	BROWN - CAMO
5:00P - 5:30P	KIDS THAI	BEGINNER
5:00P - 5:30P	KIDS BJJ	AGES 4-7
5:30P - 6:15P	KIDS THAI	INTERMEDIATE & ADVANCE
5:30P - 6:15P	KIDS BJJ	AGES 8-12
6:00P - 7:30P	NO-GI BJJ	
6:15P - 7:00P	CORE & FITNESS	
7:30P - 9:00P	MUAY THAI	ADULT

THURSDAY		
8:15A - 9:15A	BELLS & BOXING	
4:00P - 4:30P	TIGER THAI B	WHITE - RED
4:15P - 5:00P	TKD	ADVANCED
4:30P - 5:00P	TIGER THAI A	BROWN - CAMO
5:00P - 5:30P	KIDS THAI	BEGINNER
5:15P - 6:00P	KENPO	AGES 11 TO ADULT
5:30P - 6:15P	KIDS THAI	INTERMEDIATE & ADVANCE
6:00P - 7:30P	GI BJJ	
6:30P - 8:00P	WRESTLING	
7:30P - 9:00P	MUAY THAI	ADULT

FRIDAY		
7:00A - 8:00A	BOOTCAMP	
8:00A - 9:00A	MUAY THAI	
4:00P - 4:30P	TIGER THAI B	WHITE - RED
4:15P - 5:00P	TKD	ALL LEVELS
4:30P - 5:00P	TIGER THAI A	BROWN - CAMO
5:00P - 5:30P	KIDS THAI	BEGINNER
5:00P - 6:00P	KIDS BJJ COMPETITION	AGES 7-12
5:15P - 6:00P	HAPKIDO	
5:30P - 6:15P	KIDS THAI	INTERMEDIATE & ADVANCE
6:00P - 7:00P	MMA	
6:30P - 8:00P	WRESTLING	
7:30P - 9:00P	MUAY THAI	ADULT

SATURDAY		
8:00A - 9:00A	MUAY THAI	
9:00A - 10:00A	BOOTCAMP/HIIT CLASS	
9:00A - 9:30A	KENPO	AGES 7-10
9:30A - 10:015A	KENPO	AGES 11 TO ADULT
10:15A - 10:45A	TIGER THAI	ALL LEVELS
11:00A - 12:00P	KIDS THAI	