



## MONDAY

7:00A - 8:00A | **BOOTCAMP**  
8:15A - 9:30A | **MUAY THAI**  
3:30P - 4:00P | **TIGER THAI BEGINNER**  
4:00P - 4:30P | **TIGER THAI ADVANCED**  
4:15P - 5:00P | **TKD ALL LEVELS**  
5:00P - 6:00P | **WOMEN'S ONLY MMA**  
5:00P - 5:30P | **KIDS THAI BEGINNER**  
5:30P - 6:15P | **KIDS THAI I & A**  
5:15P - 6:00P | **KENPO**  
6:00P - 7:30P | **NO-GI BJJ**  
6:15P - 7:00P | **CORE AND FITNESS**  
7:30P - 9:00P | **MUAY THAI ADULT**

## WEDNESDAY

7:00A - 8:00A | **BOOTCAMP**  
8:15A - 9:30A | **MUAY THAI**  
3:30P - 4:00P | **TIGER THAI BEGINNER**  
4:00P - 4:30P | **TIGER THAI ADVANCED**  
4:15P - 5:00P | **TKD ALL LEVELS**  
5:00P - 6:00P | **WOMEN'S ONLY MMA**  
5:00P - 5:30P | **KIDS THAI BEGINNER**  
5:30P - 6:15P | **KIDS THAI I & A**  
6:00P - 7:30P | **NO-GI JIU JITSU**  
6:15P - 7:00P | **CORE AND FITNESS**  
7:30P - 9:00P | **MUAY THAI ADULT**

## FRIDAY

7:00A - 8:00A | **BOOTCAMP**  
8:15A - 9:30A | **MUAY THAI**  
3:30P - 4:00P | **TIGER THAI BEGINNER**  
4:00P - 4:30P | **TIGER THAI ADVANCED**  
4:15P - 5:00P | **TKD ALL LEVELS**  
5:00P - 5:30P | **KIDS THAI BEGINNER**  
5:30P - 6:15P | **KIDS THAI I & A**  
5:15P - 6:00P | **HAPKIDO**  
6:00P - 7:30P | **NO-GI JIU JITSU**  
6:00P - 7:30P | **WRESTLING**  
7:30P - 9:00P | **MUAY THAI ADULT**

## TUESDAY

8:15A - 9:15A | **BELLS & BOXING**  
3:30P - 4:00P | **TIGER THAI BEGINNER**  
4:00P - 4:30P | **TIGER THAI ADVANCED**  
4:15P - 5:00P | **TKD ADVANCED**  
5:00P - 5:30P | **KIDS THAI BEGINNER**  
5:30P - 6:15P | **KIDS THAI I & A**  
6:00P - 7:30P | **FUNDAMENTAL STRIKING**  
6:00P - 7:30P | **WRESTLING**  
7:30P - 9:00P | **GI BJJ**

## THURSDAY

8:15A - 9:15A | **BELLS & BOXING**  
3:30P - 4:00P | **TIGER THAI BEGINNER**  
4:00P - 4:30P | **TIGER THAI ADVANCED**  
4:15P - 5:00P | **TKD ADVANCED**  
5:00P - 5:30P | **KIDS THAI BEGINNER**  
5:30P - 6:15P | **KIDS THAI I & A**  
5:15P - 6:00P | **KENPO**  
6:00P - 7:30P | **FUNDAMENTAL STRIKING**  
6:00P - 7:30P | **WRESTLING**  
7:30P - 9:00P | **GI BJJ**

## SATURDAY

8:00A - 9:00A | **MUAY THAI**  
9:00A - 10:00A | **BOOTCAMP/HIIT CLASS**  
9:00A - 10:00A | **KENPO**  
10:15A - 10:45A | **TIGER THAI ALL LEVELS**  
11:00A - 12:00P | **KIDS THAI**



@CHANDLERMMA