



MONDAY

7:00A - 8:00A | **BOOTCAMP**
8:15A - 9:30A | **MUAY THAI**
4:00P - 4:30P | **TIGER THAI B | WHITE** — RED
4:30P - 5:00P | **TIGER THAI A | BROWN** — CAMO
4:15P - 5:00P | **TKD ALL LEVELS**
5:00P - 5:30P | **KIDS BJJ | 4 - 7YRS OLD**
5:30P - 6:15P | **KIDS BJJ | 8 - 12YRS OLD**
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**
4:00P - 4:30P | **TIGER THAI B | WHITE** — RED
4:30P - 5:00P | **TIGER THAI A | BROWN** — CAMO
4:15P - 5:00P | **TKD ALL LEVELS**
5:00P - 5:30P | **KIDS BJJ | 4 - 7YRS OLD**
5:30P - 6:15P | **KIDS BJJ | 8 - 12YRS OLD**
5:00P - 5:30P | **KIDS THAI BEGINNER**
5:30P - 6:15P | **KIDS THAI I & A**
6:00P - 7:30P | **NO-GI BJJ**
6:15P - 7:00P | **HAPKIDO**
6:15P - 7:00P | **CORE AND FITNESS**
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
4:30P - 5:00P | **TIGER THAI A | BROWN** — CAMO
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 BJJ**
6:30P - 8:00P | **WRESTLING**
7:30P - 9:00P | **MUAY THAI ADULT**

TUESDAY

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

THURSDAY

8:15A - 9:15A | **BELLS & BOXING**
4:00P - 4:30P | **TIGER THAI B | WHITE** — RED
4:30P - 5:00P | **TIGER THAI A | BROWN** — CAMO
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**
6:15P - 7:30P | **FUNDAMENTAL STRIKING**
6:30P - 8:00P | **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