

WEEKLY SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 -8:00 AM	BOXING & CONDITIONING		BOXING & CONDITIONING		BOXING & CONDITIONING		
8:00 - 9:00 AM		BOXING & CONDITIONING		BOXING & CONDITIONING			
11:00 - 12 PM							ACTIVE YOGA
12:00-1:00 PM		MUAY THAI BASICS		MUAY THAI BASICS		MOBILITY & RECOVERY	MUAY THAI BASICS
1:00 - 3:00 PM						OPEN GYM	
5:15 - 6:15PM	BOXING TECHNIQUES	MUAY THAI	MOBILITY & RECOVERY	BOXING TECHNIQUES	MUAY THAI		
6:30 - 8:00 PM	MUAY THAI	BOXING TECHNIQUES	BOXING TECHNIQUES	MUAY THAI	BOXING TECHNIQUES		



ALL LEVELS WELCOME!
BUY OR RENT YOUR GLOVES AT THE FRON DESK

CURRENT AS OF MAY 2026

Schedule and class times are subject to change. Please check with the front desk or online for the latest updates.