

TIMETABLE

CORPORATE BOX



VALLEY | CLASSES | PADS | SPARRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM - 8:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM - 8:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM - 8:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM - 8:30AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM - 8:30AM	
BJJ Technique 6:00AM - 7:00AM	BJJ Technique 6:00AM - 7:00AM	BJJ / MMA/ WRESTLING Unsupervised Open Mats 6:00AM - 7:00AM	BJJ Technique 6:00AM - 7:00AM	BJJ Technique 6:00AM - 7:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 6:00AM - 10:00AM
	BOXING HIIT High Intensity Training 6:00AM - 6:45AM	BOXING HIIT High Intensity Training 6:00AM - 6:45AM	BOXING HIIT High Intensity Training 6:00AM - 6:45AM	BOXING HIIT High Intensity Training 6:00AM - 6:45AM	BOXING HIIT High Intensity Training 7:00AM - 8:00AM
	AUTHENTIC MUAY THAI Technique & Sparring 6:45AM - 7:30AM		AUTHENTIC MUAY THAI Technique & Sparring 6:45AM - 7:30AM		AUTHENTIC MUAY THAI Technique & Sparring 8:00AM - 9:00AM
					BJJ Technique and Competition Level Open Mats 8:00AM - 9:00AM
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:30AM - 1:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:30AM - 1:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:30AM - 1:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:30AM - 1:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:30AM - 1:30PM	LADIES ONLY PURE BOXING Technique & Sparring w/ April Adams 9:00AM - 10:00AM
YOUTH CLASSES MUAY THAI Technique & Sparring 3:45PM - 4:30PM	YOUTH CLASSES BJJ Technique & Sparring 3:45PM - 4:30PM	YOUTH CLASSES MUAY THAI Technique & Sparring 3:45PM - 4:30PM	YOUTH CLASSES BJJ Technique & Sparring 3:45PM - 4:30PM	YOUTH CLASSES BOXING Technique & Sparring 3:45PM - 4:30PM	BJJ / MMA WRESTLING Open Mats All Levels Alternative Saturdays at CBV/CBL 9:00AM - 10:00AM
PURE BOXING Technique & Sparring 5:45PM - 6:30PM	AUTHENTIC MUAY THAI Technique & Sparring 5:45PM - 6:30PM	PURE BOXING Technique & Sparring 5:45PM - 6:30PM	AUTHENTIC MUAY THAI Technique & Sparring 5:45PM - 6:30PM	SUPERVISED SPARRING With Team Thai All Levels 5:30PM - 7:00PM	
MMA Technique 5:30PM - 6:30PM	MMA Technique 6:00PM - 7:00PM	MMA Technique 5:30PM - 6:30PM	MMA Technique 6:00PM - 7:00PM		
AUTHENTIC MUAY THAI Technique & Sparring 6:30PM - 7:30PM	PURE BOXING Technique & Sparring 6:30PM - 7:15PM	AUTHENTIC MUAY THAI Technique & Sparring 6:30PM - 7:30PM	PURE BOXING Technique & Sparring 6:30PM - 7:15PM		
BJJ Fundamentals Technique 6:30PM - 7:30PM	BJJ Technique 7:00PM - 8:00PM	BJJ Fundamentals Technique 6:30PM - 7:30PM	BJJ Technique 7:00PM - 8:00PM		
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM - 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM - 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM - 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:30PM - 7:30PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 3:00PM - 6:00PM	

STAFF HOURS

6:00AM - 9:00AM	6:00AM - 9:00AM	6:00AM - 9:00AM	6:00AM - 9:00AM	6:00AM - 9:00AM	7:00AM - 9:30AM
11:00AM - 2:00PM	11:00AM - 2:00PM	11:00AM - 2:00PM	11:00AM - 2:00PM	11:00AM - 2:00PM	
3:30PM - 7:30PM	3:30PM - 7:30PM	3:30PM - 7:30PM	3:30PM - 7:30PM	3:00PM - 6:00PM	

