

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 – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 5:30AM – 9:00AM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 7:00AM – 11:00AM
BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BJJ Technique 6:00AM – 7:00AM	BOXING HIIT High Intensity Training 7:00AM – 8:00AM
	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	BOXING HIIT High Intensity Training 6:15AM – 7:00AM	MUAY THAI Technique & Sparring 8:00AM – 9:00AM
ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	ONE-ON-ONE MUAY THAI & BOXING PADS with Team Thai 11:00AM – 2:00PM	BJJ Technique and Competition Level Open Mats 8:00AM – 9:00AM
					LADIES ONLY PURE BOXING Technique & Sparring w/ April Adams 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	BJJ / MMA WRESTLING Open Mats All Levels Alternative Saturdays at CBV/CBL 9:00AM – 10:00AM
MMA Technique 5:30PM – 6:30PM	MMA Technique 6:00PM – 7:00PM	MMA Technique 5:30PM – 6:30PM	MMA Technique 6:00PM – 7:00PM		MUAY BORAN Technique & Sparring 9:45AM – 10:45AM
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	