

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 / MMA / WRESTLING Unsupervised Open Mats Alternative Saturdays 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
YOUTH CLASSES MUAY THAI Technique & Sparring 4:30PM - 5:15PM	YOUTH CLASSES BJJ / MMA WRESTLING Technique & Sparring 4:30PM - 5:15PM	YOUTH CLASSES MMA Technique & Sparring 4:30PM - 5:15PM	YOUTH CLASSES BJJ / MMA WRESTLING Technique & Sparring 4:30PM - 5:15PM	YOUTH CLASSES BOXING Technique & Sparring 4:30PM - 5:15PM	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		
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	