

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BOXING HIIT High Intensity Training 5:30AM – 6:00AM	FITNESS CLASS Strength & Conditioning 5:30AM – 6:00AM	BOXING HIIT High Intensity Training 5:30AM – 6:00AM	FITNESS CLASS Strength & Conditioning 5:30AM – 6:00AM	BOXING HIIT High Intensity Training 5:30AM – 6:00AM		
	BOXING & MUAY THAI NEW! All Levels - Skills & Drills 7:00AM – 7:45AM		BOXING & MUAY THAI NEW! All Levels - Skills & Drills 7:00AM – 7:45AM		BOOTCAMP All fitness levels welcome 8:00AM – 8:45AM	
ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING 6:00AM – 9:00AM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING 6:00AM – 9:00AM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING 6:00AM – 9:00AM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING 6:00AM – 9:00AM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING 6:00AM – 9:00AM		
 KIDS CLASS (ages up to 12yrs) Boxing / Muay Thai Technique/Skills development, drills and fitness 4:00PM – 4:40PM	NEW! YOUTH BOXING (ages 12 - 17) Technique/Skills development, drills and fitness 4:00PM – 4:40PM	 KIDS CLASS (ages up to 12yrs) Boxing / Muay Thai Technique/Skills development, drills and fitness 4:00PM – 4:40PM	NEW! YOUTH BOXING (ages 12 - 17) Technique/Skills development, drills and fitness 4:00PM – 4:40PM	SUPERVISED SPARRING BOXING & MUAY THAI 4:00PM – 6:00PM		
	FITNESS CIRCUIT & STRETCH Strength & Conditioning 5:00pm – 5:30pm		FITNESS CIRCUIT & STRETCH Strength & Conditioning 5:00pm – 5:30pm			
PURE MUAY THAI All Levels - Skills & Drills 5:00PM – 5:45PM	EXPRESS BOXING HIIT High Intensity Training 5:45PM – 6:15PM	PURE MUAY THAI All Levels - Skills & Drills 5:00PM – 5:45PM	EXPRESS BOXING HIIT High Intensity Training 5:45PM – 6:15PM			
PURE BOXING Technique & Sparring 6:00PM – 6:45PM	PURE BOXING Technique & Sparring 6:15PM – 6:45PM	PURE BOXING Technique & Sparring 6:00PM – 6:45PM	PURE BOXING Technique & Sparring 6:15PM – 6:45PM	*If you have not sparred before - please discuss with Clayton first to determine your readiness to spar		
ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING PADS 3:00PM – 7:00PM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING PADS 3:00PM – 7:00PM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING PADS 3:00PM – 7:00PM	ONE-ON-ONE PAD ROUNDS MUAY THAI & BOXING PADS 3:00PM – 7:00PM			

STAFF HOURS

5:30AM – 9:00AM
3:00PM – 7:00PM

5:30AM – 9:00AM
3:00PM – 7:00PM

5:30AM – 9:00AM
3:00PM – 7:00PM

5:30AM – 9:00AM
3:00PM – 7:00PM

5:30AM – 9:00AM
3:00PM – 6:00PM

9:00AM – 10:00AM