

# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOXING</b>	Duke 6:00 - 7:00PM	Mike M. 6:00 - 7:00PM	Duke 6:00 - 7:00PM		Duke 6:00 - 7:00PM	Mark 9:00 - 10:00AM
<b>MUAY THAI</b>	Genelle 7- 8:00PM Foundations	Bryan 8- 9:00PM All Levels	Bryan 8:00 - 9:30PM	Mike E. 7-8:00pm Foundations	Muay Thai Open Workout 7-8:00 PM	Thai Camp Training 11am - 1 pm
<b>Kids Muaythai</b>	Bryan 8-9:30 5-6:00pm			8-9:00 pm Intermediate 4:30-5:15		
<b>Kickboxing Bootcamp</b>		Brenda 7:00 - 8:00PM	Bryan 7:00 - 8:00PM	Tammy 6:00 - 7:00PM		Bryan 10:00 - 11:00AM

Classes and instructors are subject to change, please call to verify!



**307 Pacific Coast Highway Hermosa Beach, CA  
90254 (310)-376-1602**

**Muay Thai-Boxing-MMA-Fitness**





