

# CLASS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Saturday

Effective January 2, 2023

11:45AM-12:30PM  
Combat Conditioning

11:45AM-12:30PM  
Combat Conditioning

11:45AM-12:30PM  
Combat Conditioning

9:45AM-10:30AM  
Mini-Knights

10:45AM-11:45AM  
Knights + Jr

12:00PM-1:00PM  
Muay-Thai

5:00PM-5:45PM  
Mini-Knights

5:00PM-5:45PM  
Mini-Knights

5:00PM-5:45PM  
Mini-Knights

5:00PM-5:45PM  
Mini-Knights

6:00PM-7:00PM  
Knights

6:00-7:00PM  
Junior Knights

6:00PM-7:00PM  
Knights

6:00-7:00PM  
Junior Knights

7:15-8:15PM  
Muay-Thai

7:15-8:15PM  
Muay-Thai

7:15-8:15PM  
Muay-Thai

7:15-8:15PM  
Muay-Thai

Mini-Knights: 4-6 years old  
Junior Knights: 7-9 years old  
Knights: 10-12 years old

We are closed for classes Fridays and Sundays  
Please inquire for Private/Small Group or  
Rental Schedule + Rates

