

VALOUR

MARTIAL ARTS + FITNESS CLUB

CLASS SCHEDULE

*Inquire about 1:1
and Small Group
training schedule

****Effective
July 31 - August 31, 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN MATS 11:45AM - 1:30PM						MINI-KNIGHTS MUAY-THAI Ages 4-7 9:45AM-10:30AM
MINI-KNIGHTS MUAY-THAI Ages 4-7 5:00PM - 5:45PM						JUNIOR KNIGHTS MUAY-THAI Ages 8-12 10:45AM-11:45AM
JUNIOR KNIGHTS MUAY-THAI Ages 8-12 6:00PM -7:00PM		JUNIOR KNIGHTS MUAY-THAI Ages 8-12 6:00PM -7:00PM				ADULT MUAY-THAI 12:00PM - 1:00PM
ADULT MUAY-THAI 7:15PM - 8:15PM		CC BOOTCAMP 7:15 - 8:15PM	ADULT MUAY-THAI 7:15PM - 8:15PM			