

CLASS SCHEDULE

Monday

12:00-1:00PM
Muay-Thai

5:00PM-5:45PM
Mini Knights

6:00PM-7:00PM
Knights

7:15PM-8:15PM
Muay-Thai

8:30-9:30PM
BJJ

Tuesday

5:00PM-5:45PM
Mini Knights

6:00PM-7:00PM
Junior Knights

7:15PM-8:15PM
Muay-Thai

Wednesday

12:00-1:00PM
Women's Muay-Thai

5:00PM-5:45PM
Mini Knights

6:00PM-7:00PM
Knights

7:15PM-8:15PM
Muay-Thai

Thursday

5:00PM-5:45PM
Mini Knights

6:00PM-7:00PM
Junior Knights

7:15PM-8:15PM
Muay-Thai

Friday

6:30PM-8:00PM
BJJ

Saturday

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

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

Mini Knights: 4-6 years old
Junior Knights: 7-9 years old
Knights: 10-12 years old
Muay-Thai: 13+

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