EFFECTIVE DECEMBER 7, 2020

VALOUR

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COMBAT CONDITIONING BOOTCAMP *GYM* 9:45 - 10:30AM					MINI KNIGHTS AGES 4-7 *GYM* 9:45 AM - 10:30 AM	MUAY THAI BAG WORK GYM 10:00 AM - 10:45 AM
SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE					JUNIOR KNIGHTS AGES 8-12 *GYM* 10:45 AM - 11:30 AM	
PUNCH @ LUNCH *GYM* 11:30 AM - 12:15 PM					ADULT MUAY-THAI *GYM* 11:45 AM - 12:45 PM	
GYM CLOSED 1:00 - 5:00 *SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE*						
KIDS MUAY THAI - *ONLINE ONLY* Ages 4-12 4:15 PM - 4:45 PM						
MINI KNIGHTS *GYM* Ages 4-7 5PM - 5:45 PM	MINI KNIGHTS *GYM* Ages 4-7 5PM - 5:45 PM	MINI KNIGHTS *GYM* Ages 4-7 5PM - 5:45 PM	JUNIOR KNIGHTS *GYM* Ages 8-12 5PM - 5:45 PM			
JUNIOR KNIGHTS *GYM* Ages 8-12 6PM - 6:45 PM	ADULT MUAY-THAI *GYM* 6PM - 7PM	JUNIOR KNIGHTS *GYM* Ages 8-12 6PM - 6:45 PM	MINI KNIGHTS *GYM* Ages 4-7 6PM - 6:45 PM			
ADULT MUAY THAI *GYM* 7:00 PM-8:00PM	ADULT MUAY THAI *GYM* 7:30 PM-8:30PM	ADULT MUAY-THAI *GYM* 7:00 PM-8:00PM				
COMBAT CONDITIONING BOOTCAMP - *GYM* 8:30- 9:15PM						

*SCHEDULE SUBJECT TO CHANGE

*PLEASE INQUIRE FOR 1 ON 1 / SMALL GROUP TRAINING SESSION SCHEDULE

INQUIRE INSIDE OR REFER TO WEBSITE FOR CLASS DETAILS

FREE WEEK TRIAL