

*****EFFECTIVE FRIDAY, FEBRUARY 14, 2020**

VALOUR

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE						COMBAT CONDITIONING BOOTCAMP *9:00 - 9:45 BY SIGN UP ONLY
	COMBAT CONDITIONING BOOTCAMP 9:30 - 10:15	COMBAT CONDITIONING BOOTCAMP 9:30 - 10:15	COMBAT CONDITIONING BOOTCAMP 9:30 - 10:15	COMBAT CONDITIONING BOOTCAMP 9:30 - 10:15	MINI KNIGHTS Ages 4-7 9:45 - 10:30	MINI KNIGHTS Ages 4-7 9:45 - 10:30
SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE					JUNIOR KNIGHTS Ages 8-12 10:30 - 11:30	MUAY THAI 13+ YEARS OLD 10:30 - 11:30
PUNCH @ LUNCH (MUAY THAI + BOXING) 11:30 - 12:15					MUAY THAI 13+ YEARS OLD 11:45 - 12:45	CLOSED 11:30
PUNCH @ LUNCH (MUAY THAI + BOXING) 12:15 - 1:00						
GYM CLOSED 1:00 - 5:00 SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE					CLOSED 12:45	
MINI KNIGHTS Ages 4-7 5:00 - 5:45	JUNIOR KNIGHTS Ages 8-12 5:00 - 5:45	MINI KNIGHTS Ages 4-7 5:00 - 5:45	JUNIOR KNIGHTS Ages 8-12 5:00 - 5:45	CLOSED 1:00		
JUNIOR KNIGHTS Ages 8-12 5:45 - 6:30	MINI KNIGHTS Ages 4-7 5:45 - 6:30	JUNIOR KNIGHTS Ages 8-12 5:45 - 6:30	MINI KNIGHTS Ages 4-7 5:45 - 6:30			
MUAY THAI - 13 + YRS OLD 6:30 - 7:30						
MUAY THAI - 13 + YRS OLD 7:30 - 8:30						
*COMBAT CONDITIONING BOOTCAMP 8:30-9:15						

*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