

# VALOUR

MARTIAL ARTS + FITNESS CLUB

Effective November 22, 2021

\*Inquire about 1:1  
and Small Group  
training schedule

## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PUNCH @LUNCH 11:45AM -12:30PM</b>	<b>ADULT MUAY-THAI 11:30AM - 12:30PM</b>				<b>MINI-KNIGHTS MUAY-THAI Ages 4-7 9:45AM-10:30AM</b>	
<b>MINI-KNIGHTS MUAY-THAI Ages 4-7 5:00PM - 5:45PM</b>						
<b>JUNIOR KNIGHTS MUAY-THAI Ages 8-12 6:00PM -7:00PM</b>		<b>JUNIOR KNIGHTS MUAY-THAI Ages 8-12 6:00PM -7:00PM</b>			<b>JUNIOR KNIGHTS MUAY-THAI Ages 8-12 10:45AM-11:45AM</b>	
<b>ADULT MUAY-THAI 7:15 - 8:15PM</b>						<b>ADULT MUAY-THAI 12:00PM - 1:00PM</b>