

VALOUR

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COMBAT CONDITIONING BOOTCAMP - <i>GYM</i> 9:45 - 10:30AM	COMBAT CONDITIONING BOOTCAMP - <i>GYM</i> 9:45 - 10:30AM	COMBAT CONDITIONING BOOTCAMP - <i>GYM</i> 9:45 - 10:30AM	COMBAT CONDITIONING BOOTCAMP - <i>GYM</i> 9:45 - 10:30AM		MINI KNIGHTS AGES 4-7 <i>GYM</i> 9:45 AM - 10:30 AM	MUAY THAI BAG WORK <i>GYM</i> 10:00 AM - 10:45 AM
SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE					JUNIOR KNIGHTS AGES 8-12 <i>GYM</i> 10:45 AM - 11:30 AM	
PUNCH @ LUNCH (CARDIO + MUAY THAI + BOXING) <i>GYM</i> 11:30 AM - 12:15 PM					MUAY THAI 13+ YEARS OLD <i>GYM</i> 11:45 AM - 12:45 PM	
GYM CLOSED 1:00 - 5:00 SCHEDULED 1 ON 1 / SMALL GROUP TRAINING AVAILABLE						
KIDS MUAY THAI - <i>ONLINE ONLY</i> Ages 4-12 4:15 PM - 4:45 PM						
MINI KNIGHTS <i>GYM</i> Ages 4-7 5PM - 5:45 PM	JUNIOR KNIGHTS <i>GYM</i> Ages 8-12 5PM - 5:45 PM	MINI KNIGHTS <i>GYM</i> Ages 4-7 5PM - 5:45 PM	JUNIOR KNIGHTS <i>GYM</i> Ages 8-12 5PM - 5:45 PM			
JUNIOR KNIGHTS <i>GYM</i> Ages 8-12 6PM - 6:45 PM	MINI KNIGHTS <i>GYM</i> Ages 4-7 6PM - 6:45 PM	JUNIOR KNIGHTS <i>GYM</i> Ages 8-12 6PM - 6:45 PM	MINI KNIGHTS <i>GYM</i> Ages 4-7 6PM - 6:45 PM			
MUAY THAI - 13 + YRS OLD - <i>GYM</i> 7:00 PM-8:00PM						
COMBAT CONDITIONING BOOTCAMP - <i>GYM</i> 8:30- 9:15PM		COMBAT CONDITIONING BOOTCAMP - <i>GYM</i> 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

SUNDAY PUNCH @ BRUNCH - WEATHER PERMITTING