

# VALOUR

MARTIAL ARTS + FITNESS CLUB

Effective September 1,  
2021

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

## CLASS SCHEDULE

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