

VALOUR

CLASS SCHEDULE

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

*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****