

LỚP NHÓM / GROUP CLASSES

THỨ 2 MONDAY	THỨ 3 TUESDAY	THỨ 4 WEDNESDAY	THỨ 5 THURSDAY	THỨ 6 FRIDAY	THỨ 7 SATURDAY	CHỦ NHẬT SUNDAY
06:00 Muay Thai & Kickboxing	06:00 Bootcamp	06:00 Muay Thai & Kickboxing	06:00 Bootcamp	06:00 Muay Thai & Kickboxing	08:00 Muay Thai & Kickboxing	08:00 Muay Thai & Kickboxing
11:30 Muay Thai & Kickboxing	11:30 Yoga	11:30 Muay Thai & Kickboxing	11:30 Yoga Vinyasa	11:30 Muay Thai & Kickboxing	09:00 Kids Kickboxing!	09:00 Kids Kickboxing!
12:30 Yoga Vinyasa	11:30 Strength & Conditioning NEW	12:30 Yoga Vinyasa	11:30 Strength & Conditioning NEW	12:30 Boxing	10:00 BJJ (No Gi)	11:00 Yoga Alignment & Vinyasa Blend NEW
12:30 Boxing	12:30 Muay Thai & Kickboxing	12:30 Boxing	12:30 Muay Thai & Kickboxing	12:30 Yoga Vinyasa	11:30 Yoga Ashtanga	12:00 Muay Thai & Kickboxing
18:00 Muay Thai & Kickboxing	17:00 Kids Kickboxing!	18:00 Yoga Vinyasa	17:00 Kids Kickboxing!	18:00 Muay Thai & Kickboxing	12:00 Muay Thai & Kickboxing	13:00 Kids Kickboxing!
19:00 Boxing	18:00 Muay Thai & Kickboxing	18:00 Muay Thai & Kickboxing	18:00 Muay Thai & Kickboxing	18:00 Muay Thai & Kickboxing	13:00 Kids Kickboxing!	
19:00 Yoga Vinyasa	18:30 BJJ (No Gi)	19:00 Strength & Conditioning NEW	18:00 BJJ (No Gi)	19:00 Strength & Conditioning	14:00 Sparring and Ice Bath <i>(Beginners Welcome!)</i>	
	19:00 Strength & Conditioning	19:30 Sparring and Ice Bath <i>(Beginners Welcome!)</i>	19:00 Boxing			
			19:30 Yoga Ashtanga			