

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-11AM	S&C Class	Beginners/Int Thai class	S&C Class	Beginners/Int Thai class	Beginners/Int Thai class	Junior Wrestling class - 10:15am start
11:30-12:30PM						Junior Thai class (ages 5-10 & 10-15)
12:30-2:00PM						Sparring class
4:45-5:45PM		Junior Thai class (ages 5-10 & 10-15)		Junior Thai class (ages 10-15)		
5:30-6:00PM						
6-7PM	Beginners/Int Thai class	Fighters Thai class (invite only)	Beginners/Int Thai class	Beginners/Int Thai class	Int/Advanced Thai class	
7-8PM	Int/Advanced Thai class		Int/Advanced Thai class			

