

Double Dose Muay Thai MuayThaiSchedule Downstairs **

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM to 10:00AM	Combat Athlete Coach Ray FOUNDATIONS Coach Robert	Combat Athlete Kru Marcos FOUNDATIONS Coach Andrew	Combat Athlete Coach Ray FOUNDATIONS Coach Robert	Combat Athlete Kru Marcos FOUNDATIONS Coach Andrew	Combat Athlete Coach Ray FOUNDATIONS Coach Andrew		
10:00AM to 11:00AM						Combat Athlete Coach Ray FOUNDATIONS Coach Robert	FOUNDATIONS Coach Ray
3:30PM to 4:30PM	FOUNDATIONS Coach Andrew	FOUNDATIONS Coach Ray	FOUNDATIONS Coach Andrew	FOUNDATIONS Coach Ray		<u>11AM</u> CAP Sparring	
4:45PM to 5:30PM (upstairs)	MOAY TINYS 4-7 yrs Coach Ray/Ron	MOAY TINYS 4-7 yrs Coach Ron	MOAY TINYS 4-7 yrs Coach Ray/Ron	MOAY TINYS 4-7 yrs Coach Ron	Combat TINYS 4-7 yrs Ajarn Rex		
5:00PM to 5:45PM	Kids Muay Thaigers Coach Jess Combat Thaigers Coach Robert	Kids Muay Thaigers Coach Robert Combat Thaigers Coach Ray	Kids Muay Thaigers Coach Jess Combat Thaigers Coach Robert	Kids Muay Thaigers Coach Robert Combat Thaigers Coach Ray	Thaigers & Combat Tinys Coach Robert		
6:00PM to 7:00PM	Combat Athlete Coach Robert	Combat Athlete Coach Ray	Combat Athlete Coach Robert	Combat Athlete Coach Ray	COMBAT APPLICATION* AJARN REX		
6:15 to 7:15PM (upstairs)	FOUNDATIONS Coach Jess	FOUNDATIONS Coach Andrew	FOUNDATIONS Coach Jess	FOUNDATIONS Coach Andrew			
7:00 to 8PM	COMBAT APPLICATION*	COMBAT APPLICATION*	COMBAT APPLICATION*	COMBAT APPLICATION*			
8:00PM to 9:00PM	Combat Athlete Coach Robert FOUNDATIONS Coach Andrew	Combat Athlete Coach Andrew FOUNDATIONS Coach Robert	Combat Athlete Coach Robert FOUNDATIONS Coach Andrew	Combat Athlete Coach Andrew FOUNDATIONS Coach Robert			

**Muay Tinys M-Th & Foundations 8pm M-Th are Upstairs.

*Fighter Training class is open to all Combat Athlete students.

Private lesson time slots also available!!

Double Dose Muay Thai Kickboxing Schedule Upstairs

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM TO 8:45AM	<i>BEGINNER KICKBOXING</i> Robert		<i>BEGINNER KICKBOXING</i> Robert			
10:00AM TO 10:45AM	<i>NEXT LEVEL KICKBOXING</i> Robert	<i>BEGINNER KICKBOXING</i> Ray	<i>NEXT LEVEL KICKBOXING</i> Robert	<i>BEGINNER KICKBOXING</i> Ray	<i>NEXT LEVEL KICKBOXING</i> Andrew	11AM <i>NEXT LEVEL KICKBOXING</i> Robert
5:30PM TO 6:15PM	<i>BEGINNER KICKBOXING</i> Ray	<i>NEXT LEVEL KICKBOXING</i> Ron	<i>BEGINNER KICKBOXING</i> Ray	<i>NEXT LEVEL KICKBOXING</i> Ron		
7:15PM TO 8:00PM	<i>NEXT LEVEL KICKBOXING</i> Jess	<i>BEGINNER KICKBOXING</i> Jess	<i>NEXT LEVEL KICKBOXING</i> Jess	<i>BEGINNER KICKBOXING</i> Jess		

Private lesson time slots also available.