



## Spring/Summer 2025 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		SunRise Thai 6am-7am		SunRise Thai 6am-7am	SunRise Thai 6am-7am	
Sparring Advanced 930am-11am	Open Gym 9am-5pm	Open Gym 9am-5pm	Open Gym 9am-5pm	Open Gym 9am-5pm	Open Gym 9am-5pm	Jr & Sr Kids Sparring Teen Sparring 930am-1030am
						Boxing 930am-1030am
						Brazilian Jiu Jitsu 1030am-1130am
S & C (Room 2) 11am-1145am			S & C (Room 2) 11am-1145am			S & C (Room 2) 11am-12pm
Muay Thai 12pm-1pm	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Lunch Thai (Sparring) 1130am-1230pm	Muay Thai 12pm-1pm
	Tyke Academy 5pm-530pm	Tyke Academy 5pm-530pm	Tyke Academy 5pm-530pm	Tyke Academy 5pm-530pm	Tyke Academy 5pm-530pm	
	Junior & Senior Academy 5pm-545pm	Junior & Senior Academy 5pm-545pm	Junior & Senior Academy 5pm-545pm	Junior & Senior Academy 5pm-545pm	Junior & Senior Academy 5pm-545pm	
	HIIT (Room 2) 5pm-545pm	HIIT (Room 2) 5pm-545pm	HIIT (Room 2) 5pm-545pm	HIIT (Room 2) 5pm-545pm	HIIT (Room 2) 5pm-545pm	
	Teen Academy 6pm-645pm	Teen Academy 6pm-645pm	Teen Academy 6pm-645pm	Teen Academy 6pm-645pm	Teen Academy 6pm-645pm	
	Muay Thai 6pm-7pm	Boxing 6pm-7pm	Muay Thai 6pm-7pm	Boxing 6pm-7pm	Muay Thai 6pm-7pm	
	S & C (Room 2) 6pm-7pm		S & C (Room 2) 6pm-7pm			
	Boxing 7pm-8pm	Muay Thai 7-8pm	Boxing 7pm-8pm	Muay Thai 7-8pm	Boxing 7pm-8pm	
	Brazilian Jiu Jitsu 7pm-8pm		Brazilian Jiu Jitsu 7pm-8pm			
	Advanced MT 8PM-845pm	Advanced MT 8PM-845pm	Advanced MT 8PM-845pm	Advanced MT 8PM-845pm		

**Tyke Academy** Ages 4-6

**Junior Academy** Ages 7-9

**Senior Academy** Ages 9-12

**Teen Academy** Ages 12-14

**Junior Sparring** (Yellow shirt)

**Senior Sparring** (Yellow shirt)

**Teen Sparring** (Level 2)

**Muay Thai 15+**

**Boxing 15+**

**Advanced – Level 2**

**Fighters -Level 3**

**Brazilian Jiu Jitsu** Ages 12+ (All Levels)

**HIIT (Need Boxing Gloves)** 16+

**Strength & Conditioning** 16+