



Summer 2025 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM		SunRise Thai		SunRise Thai	SunRise Thai	
9AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Fighters 9am-1130am
10AM	Fighters 10am-1230	Fighters 10am-1230		Fighters 10am-1230	Fighters 10am-1230	Brazilian Jiu Jitsu 12+yrs 10am-11am
11am			S & C (Room 2) 16+yrs 11am-12pm			S & C (Room 2) 16+yrs 11am-12pm
1130am	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Lunch Thai 1130am-1230pm	Muay Thai All Levels 1130am-1245PM Youth Competition 1130am-1245pm Teen Academy 1130pm-1245pm
5pm	Junior Academy 4yrs - 6yrs 5pm-530pm	Junior Academy 4yrs-6yrs 5pm-530pm	Junior Academy 4yrs-6yrs 5pm-530pm	Junior Academy 4yrs-6yrs 5pm-530pm	Junior Academy 4yrs-6yrs 5pm-530pm	
5pm	Senior Academy 7yrs-9yrs 5pm-545pm	Senior Academy 7yrs-9yrs 5pm-545pm	Senior Academy 7yrs-9yrs 5pm-545pm	Senior Academy 7yrs-9yrs 5pm-545pm	Senior Academy 7yrs-9yrs 5pm-545pm	
5pm (Room 2)	Muay Thai Fitness 16+ 5pm-545pm	Muay Thai Fitness 16+ 5pm-545pm	Muay Thai Fitness 16+ 5pm-545pm	Muay Thai Fitness 16+ 5pm-545pm	Muay Thai Fitness 16+ 5pm-545pm	
6pm	Teen Academy 10yrs-15yrs Muay Thai/Boxing Fundamentals 16+	Teen Academy 10yrs-15yrs Muay Thai/ Boxing Fundamentals 16+	Teen Academy 10yrs-15yrs Muay Thai / Boxing Fundamentals 16+	Teen Academy 10yrs-15yrs Muay Thai/ Boxing Fundamentals 16+	Teen Academy 10yrs-15yrs MT All Levels 16+	
7pm	Brazilian Jiu Jitsu 12+yrs Muay Thai	 Muay Thai	Brazilian Jiu Jitsu 12+yrs Muay Thai	 Muay Thai	 	
745pm	Sparring Drills 745pm-815pm	Sparring 745pm-815pm	Sparring Drills 745pm-815pm	Sparring 745pm-815pm		

Muay Thai Fitness – Gloves & Wraps

MuayThai/Boxing Fundamentals – Gloves & Wraps

All Youth/Adult Muay Thai classes – Full Equipment Required

Sparring/Sparring Drills – Full Equipment & Coach approval required

Brazilian Jiu Jitsu – Gi required.