



Fall 2025 Schedule (Effective Sept 2nd)

	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						Brazilian Jiu Jitsu 12+ysrs 10am-11am
11am			S & C (Room 2) 16+ysrs 11am-12pm			S & C (Room 2) 16+ysrs 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	Teen Academy 10yrs-15yrs	Teen Academy 10yrs-15yrs	Teen Academy 10yrs-15yrs	Teen Academy 10yrs-15yrs	
	Muay Thai/Boxing Fundamentals 16+	Muay Thai/ Boxing Fundamentals 16+	Muay Thai / Boxing Fundamentals 16+	Muay Thai/ Boxing Fundamentals 16+	MT All Levels 16+	
7pm	Brazilian Jiu Jitsu 12+ysrs		Brazilian Jiu Jitsu 12+ysrs			
	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
8pm- 845pm	Sparring/Clinching Drills (No beginners/trials)	Sparring/Clinching Live (No beginners/trials)	Sparring/Clinching Drills (No beginners/trials)	Sparring/Clinching Live (No beginners/trials)		