



M-TOWN ACADEMY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY TIME SESSIONS						
11:30 - 12:30PM MUAYTHAI	6:00 - 7:00AM MUAYTHAI	11:00 - 11:45AM HIIT FITNESS	6:00 - 7:00AM MUAYTHAI	6:00 - 7:00AM MUAYTHAI	9:00 - 11:00AM AMATEUR/PRO COMPETITION MUAYTHAI (INVITE ONLY)	9:00 - 10:00AM FILIPINO MARTIAL ARTS/KALI
	11:30 - 12:30PM MUAYTHAI	11:30 - 12:30PM MUAYTHAI	11:30 - 12:30PM MUAYTHAI	11:30 - 12:30PM MUAYTHAI DRILLING & SPARRING	9:00 - 10:00AM YOUTH COMP TEAM	10:00 - 11:00AM MUAYTHAI TECHNIQUE (DRILLING)
RESERVED FOR PRIVATE SESSIONS					9:30 - 10:30AM WOMEN'S ONLY MUAYTHAI	11:00 - 12:00PM MUAYTHAI CONDITIONING (BAGWORK & PADWORK)
					11:00 - 11:45AM HIIT FITNESS	
					11:00 - 12:00PM MUAYTHAI CONDITIONING (BAGWORK & PADWORK)	
EVENING SESSIONS						
5:00 - 5:30PM JUNIOR ACADEMY (3.5YRS-5YRS)	5:00 - 5:30PM JUNIOR ACADEMY (3.5YRS-5YRS)	5:00 - 5:30PM JUNIOR ACADEMY (3.5YRS-5YRS)	5:00 - 5:30PM JUNIOR ACADEMY (3.5YRS-5YRS)	5:00 - 5:30PM JUNIOR ACADEMY (3.5YRS-5YRS)	12:00 - 1:00PM MUAYTHAI TECHNIQUE & INTRO TO SPARRING	
5:00 - 5:45PM SENIOR ACADEMY (6-9YRS)	5:00 - 5:45PM SENIOR ACADEMY (6-9YRS)	5:00 - 5:45PM SENIOR ACADEMY (6-9YRS)	5:00 - 5:45PM SENIOR ACADEMY (6-9YRS)	5:00 - 5:45PM SENIOR ACADEMY (6-9YRS)		
5:00 - 5:45PM MUAYTHAI CONDITIONING (BAGWORK)	5:00 - 5:45PM MUAYTHAI CONDITIONING (BAGWORK)	5:00 - 5:45PM MUAYTHAI CONDITIONING (BAGWORK)	5:00 - 5:45PM MUAYTHAI CONDITIONING (BAGWORK)	5:00 - 5:45PM MUAYTHAI CONDITIONING (BAGWORK)		
6:00 - 7:00PM YOUTH/TEEN ACADEMY (10YRS-12YRS/ 13YRS-14YRS)	6:00 - 7:00PM YOUTH/TEEN ACADEMY (10YRS-12YRS/ 13YRS-14YRS)	6:00 - 7:00PM YOUTH/TEEN ACADEMY (10YRS-12YRS/ 13YRS-14YRS)	6:00 - 7:00PM YOUTH/TEEN ACADEMY (10YRS-12YRS/ 13YRS-14YRS)	6:00 - 7:00PM YOUTH/TEEN ACADEMY (10YRS-12YRS/ 13YRS-14YRS)		
6:00 - 7:00PM MUAYTHAI FUNDAMENTALS (DRILLING)	6:00 - 7:00PM MUAYTHAI FUNDAMENTALS (PADWORK)	6:00 - 7:00PM MUAYTHAI FUNDAMENTALS (DRILLING)	6:00 - 7:00PM MUAYTHAI FUNDAMENTALS (PADWORK)	6:00 - 7:00PM MUAYTHAI TECHNIQUE & DRILLING		
6:00 - 7:00PM WOMEN ONLY MUAYTHAI	6:00 - 7:00PM WOMEN ONLY MUAYTHAI	6:00 - 7:00PM WOMEN ONLY MUAYTHAI	6:00 - 7:00PM WOMEN ONLY MUAYTHAI	6:00 - 7:00PM WOMEN ONLY MUAYTHAI		
7:15 - 8:15PM BJJ TECHNIQUE	7:00 - 8:00PM MUAY THAI TECHNIQUE & FUNDAMENTALS	7:15 - 8:15PM BJJ TECHNIQUE	7:00 - 8:00PM MUAY THAI TECHNIQUE & FUNDAMENTALS	7:00 - 8:00PM MUAYTHAI TECHNIQUE & PADWORK		
8:15 - 8:45PM BJJ ROLL	8:00 - 8:45PM ADVANCED MUAYTHAI & SPARRING	8:15 - 8:45PM BJJ ROLL	7:00 - 8:00PM FILIPINO MARTIAL ARTS/KALI	7:15 - 8:00PM BJJ NO-GI		
7:00 - 8:45PM AMATEUR/PRO COMPETITION MUAYTHAI (INVITE ONLY)	7:00 - 8:45PM AMATEUR/PRO COMPETITION MUAYTHAI (INVITE ONLY)	7:00 - 8:45PM AMATEUR/PRO COMPETITION MUAYTHAI (INVITE ONLY)	8:00 - 8:45PM ADVANCED MUAYTHAI & SPARRING			
			7:00 - 8:45PM AMATEUR/PRO COMPETITION MUAYTHAI (INVITE ONLY)	GYM CLOSED		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY