

M-TOWN ACADEMY CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		SUNRISE THAI		SUNRISE THAI	SUNRISE THAI		
9:00 AM						AMATEUR//PRO COMPETITION MUAY THAI (INVITE ONLY) 9AM-11AM SENIOR ACADEMY (ORANGE LEVEL +) (6YRS-9YRS) 9AM-10AM YOUTH ACADEMY (ORANGE LEVEL +) (10YRS-12YRS) 9AM-10AM	FILIPINO MARTIAL ARTS/KALI
11:00 AM	BRUNCH THAI	BRUNCH THAI	BRUNCH THAI	BRUNCH THAI	BRUNCH THAI (DRILLING & SPARRING)	HIIT FITNESS 11AM-11:45AM MUAY THAI CONDITIONING (BAGWORK & PADWORK) 13+ YRS 11AM-12PM MUAY THAI TECHNIQUE & INTRO TO SPARRING 13+ YRS 12PM-1PM	MUAY THAI TECHNIQUE / COMMUNITY PADS MUAY THAI CONDITIONING 13+ YRS 12PM-1PM
5:00 PM	JR ACADEMY (3.5YRS-5YRS) SR ACADEMY (6YRS-9YRS) MUAY THAI CONDITIONING (BAGWORK) ROOM 2	JR ACADEMY (3.5YRS-5YRS) SR ACADEMY (6YRS-9YRS) MUAY THAI CONDITIONING (BAGWORK) ROOM 2	JR ACADEMY (3.5YRS-5YRS) SR ACADEMY (6YRS-9YRS) MUAY THAI CONDITIONING (BAGWORK) ROOM 2	JR ACADEMY (3.5YRS-5YRS) SR ACADEMY (6YRS-9YRS) MUAY THAI CONDITIONING (BAGWORK) ROOM 2	JR ACADEMY (3.5YRS-5YRS) SR ACADEMY (6YRS-9YRS) MUAY THAI CONDITIONING (BAGWORK) ROOM 2		
6:00 PM	YOUTH ACADEMY (10YRS-12YRS) TEEN ACADEMY ROOM 2 (13YRS-14YRS) MUAY THAI + BOXING BEGINNER'S & BASICS	YOUTH ACADEMY (10YRS-12YRS) TEEN ACADEMY ROOM 2 (13YRS-14YRS) MUAY THAI + BOXING BEGINNER'S & BASICS	YOUTH ACADEMY (10YRS-12YRS) TEEN ACADEMY ROOM 2 (13YRS-14YRS) MUAY THAI + BOXING BEGINNER'S & BASICS	YOUTH ACADEMY (10YRS-12YRS) TEEN ACADEMY ROOM 2 (13YRS-14YRS) MUAY THAI + BOXING BEGINNER'S & BASICS	YOUTH ACADEMY (10YRS-12YRS) TEEN ACADEMY ROOM 2 (13YRS-14YRS) MUAY THAI + BOXING BEGINNER'S & BASICS		
7:00 PM	MUAY THAI + BOXING BEGINNER'S & BASICS ROOM 1 MUAY THAI CLINCHING 101 FILIPINO MARTIAL ARTS/KALI ROOM 2 BJJ TECHNIQUE 7:15PM-8:15PM AMATEUR/PRO COMPETITION MUAY THAI (INVITE ONLY) 7PM-8:45PM	MUAY THAI + BOXING BEGINNER'S & BASICS ROOM 2 INTERMEDIATE / ADVANCED MUAY THAI AMATEUR/PRO COMPETITION MUAY THAI (INVITE ONLY) 7PM-8:45PM	MUAY THAI + BOXING BEGINNER'S & BASICS ROOM 2 MUAY THAI CLINCHING 101 BJJ TECHNIQUE 7:15PM-8:15PM AMATEUR/PRO COMPETITION MUAY THAI (INVITE ONLY) 7PM-8:45PM	MUAY THAI + BOXING BEGINNER'S & BASICS ROOM 2 INTERMEDIATE / ADVANCED MUAY THAI AMATEUR/PRO COMPETITION MUAY THAI (INVITE ONLY) 7PM-8:45PM	MUAY THAI + BOXING BEGINNER'S & BASICS ROOM 2 INTERMEDIATE / ADVANCED MUAY THAI BJJ NO-GI 7:15PM-8PM		
8:00 PM	MUAY THAI CONDITIONING BJJ ROLL 8:15PM-8:45PM	ADVANCED MUAY THAI & SPARRING 8PM-8:45PM	MUAY THAI CONDITIONING	ADVANCED MUAY THAI & SPARRING 8PM-8:45PM			