



# MARTIAL ARTS SCHEDULE

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MARTIAL ARTS CLASSES						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM. - 10:00 AM.	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI
	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>
	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>
	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>
	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>
09:00 AM - 10:00 AM	BJJ GI -All Levels	BJJ GI -All Levels	BJJ GI -All Levels	BJJ GI -All Levels	BJJ GI -All Levels	
10:00 AM - 11:30 AM	BJJ NO GI- All Levels	BJJ NO GI- All Levels	BJJ NO GI- All Levels	BJJ NO GI- All Levels	BJJ NO GI- All Levels	
10:30 AM - 11:30AM	WESTERN BOXING <i>Fundamentals</i>	WESTERN BOXING <i>All Levels</i>	WESTERN BOXING <i>PRO Fighters Only</i>	WESTERN BOXING <i>All Levels</i>	WESTERN BOXING <i>Sparring</i>	
10:30 AM - 12:00 PM	MUAY BORAN	MUAY BORAN	MUAY BORAN	MUAY BORAN	MUAY BORAN	
11:30 AM - 12:45 PM	MMA Sparring/ K1 Kickboxing <i>Beginner</i>	MMA Wrestling/K1 Kickboxing <i>Beginner</i>	MMA Technique/K1 Kickboxing <i>Beginner</i>	MMA Wrestling/K1 Kickboxing <i>Beginner</i>	MMA Sparring/ K1 Kickboxing <i>Beginner</i>	
1:00PM-2:30PM	KRABI KRABONG	KRABI KRABONG	KRABI KRABONG	KRABI KRABONG	KRABI KRABONG	
1:00 PM.-2:30 PM.	KICK BOXING <i>Intermediate &amp; Advanced</i>	KICK BOXING <i>Intermediate &amp; Advanced</i>	KICK BOXING <i>Intermediate &amp; Advanced</i>	KICK BOXING <i>Intermediate &amp; Advanced</i>	KICK BOXING <i>Intermediate &amp; Advanced</i>	
3:00 PM.-5:00 PM.	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI
	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>	<i>Beginner</i>
	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>	<i>Intermediate</i>
	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>	<i>Advanced</i>
	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>	<i>Fighter's Class</i>
4:00 PM. - 5:30 PM.	MMA SPARRING <i>PRO Fighters Only</i>	MMA Wrestling <i>PRO Fighters Only</i>	MMA Technique <i>PRO Fighters Only</i>	MMA Wrestling <i>PRO Fighters Only</i>	MMA SPARRING <i>PRO Fighters Only</i>	
6:15 PM.-7:00 PM.	BJJ NO GI -Fundamentals	BJJ- GI -Fundamentals	BJJ NO GI -Fundamentals	BJJ- GI -Fundamentals	BJJ NO GI- All Levels	
7:00 PM.-8:00 PM.	BJJ NO GI- All Levels	BJJ- GI -All Levels	BJJ NO GI- All Levels	BJJ- GI -All Levels		
WEIGHT'S ROOM HOURS		MONDAY - FRIDAY : 8.00 AM - 7.00 PM		Saturday : 7.00 AM - 7.00 PM	BBQ PARTY 8.00 AM.-1.00 PM / SUNDAY : CLOSED	
OFFICE HOURS		MONDAY - FRIDAY : 7.00 AM - 8.00 PM		Saturday : 7.00 AM - 7.00 PM / SUNDAY : 11:00-5:00 PM.		
PRIVATE MUAY THAI SESSION : ( 7-8AM/ 10AM-3PM / 5PM -8PM/ Depending on Trainer Availability)						

FACEBOOK : TIGER MUAY THAI & MMA TRAINING CAMP

INSTAGRAM : @TIGERMUAYTHAI