



MONSTER MARTIAL ARTS

MUAY THAI



	MON	TUE	WED	THUR	FRI	SAT
KIDS & TEENS						
4 pm		KIDS MMA (6-10yrs)		KIDS MMA (6-10yrs)		
4.45 - 5.30 pm		TEENS MUAY THAI (10-15yrs)		TEENS MUAY THAI (10-15yrs)		
ADULTS						
9.15 am						FIGHT FIT 45 MIN
9.30 am	MUAY THAI for MMA		FIGHT FIT		MUAY THAI for MMA	
10 am						MUAY THAI for MMA
10.30 am						MUAY THAI for MMA
5.30 pm	MUAY THAI CLINCH	MUAY THAI for MMA		MUAY THAI for MMA	MUAY THAI for MMA	
6.30 pm		MMA for BEGINNERS		MMA for BEGINNERS		
7.30 - 8 pm		ADVANCED MMA		ADVANCED MMA		