

FALL SCHEDULE - SEPTEMBER 2023 - JUNE 2023

FITNESS KICKBOXING, MUAY THAI CLASSES

MONDAY

FITNESS KICKBOXING

6:00 AM-7:00 AM

STUDIO A -103

FITNESS KICKBOXING

6:30PM-7:30 PM

STUDIO C

MUAY THAI

6:30 PM-8:00 PM

STUDIO A -103

WEDNESDAY

FITNESS BOOT CAMP

6:00 AM-7:00 AM

STUDIO A -103

FITNESS KICKBOXING

6:30 PM-7:30 PM

STUDIO C

MUAY THAI

6:30 PM-8:00 PM

STUDIO A -103

FRIDAY

FITNESS BOOT CAMP

6:00 AM-7:00 AM

STUDIO A -103

FITNESS KICKBOXING

6:30 PM-7:30 PM

STUDIO C

MUAY THAI

6:30PM-8:00 PM

STUDIO A -103

SATURDAY

MUAY THAI

12:00 PM-1:30 PM

STUDIO A

CLASS LOCATIONS

STUDIO A -103

STUDIO C - 206

NEW SCHEDULE IN EFFECT SEPTEMBER 11, 2023

*** UPDATED NOVEMBER 22ND, 2023 -MUAY THAI TIME CHANGE**