

# 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**