



MONSTER MARTIAL ARTS

MUAY THAI



	MON	TUE	WED	THUR	FRI	SAT
KIDS & TEENS						
4 pm		KIDS MMA (6-12yrs)		KIDS MMA (6-12yrs)		
4.45 - 5.30 pm		TEENS MUAY THAI (13-16yrs)		TEENS MUAY THAI (13-16yrs)		
ADULTS						
9.15 am						FIGHT FIT 45 MIN
10am						OPEN MAT Muay Thai/ MMA/BJJ
11am						
5.30 pm		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		