

LAKE NORMAN MUAY THAI

Class Schedule

Effective July 2019

| Monday | |
|--|-----------------|
| Rock Steady Boxing - Levels 1 & 2 | 10:30am-11:45am |
| Muay Thai - Adult | 12:00pm-1:00pm |
| Rock Steady Boxing - Levels 3 & 4 | 2:30pm-3:45pm |
| Muay Thai - Tiny Warriors (ages 4-5) | 4:30pm-5:00pm |
| Muay Thai - Children (ages 6-8) | 5:30pm-6:20pm |
| Muay Thai - Adult | 6:30pm-7:30pm |
| Cardio Kickboxing - Ladies (non-contact) | 7:30pm-8:30pm |

| Tuesday | |
|--|-----------------|
| Cardio Kickboxing - Ladies (non-contact) | 10:30am-11:30am |
| Muay Thai - Youth (ages 9-13) | 4:30pm-5:20pm |
| Muay Thai - Youth (ages 9-13) | 5:30pm-6:20pm |
| Muay Thai - Adult | 6:30pm-7:30pm |
| Muay Thai - Children/Youth (sparring) | 7:30pm-8:30pm |

| Wednesday | |
|--|-----------------|
| Rock Steady Boxing - Levels 1 & 2 | 10:30am-11:45am |
| Muay Thai - Adult | 12:00pm-1:00pm |
| Rock Steady Boxing - Levels 3 & 4 | 2:30pm-3:45pm |
| Muay Thai - Children (ages 6-8) | 5:30pm-6:20pm |
| Muay Thai - Adult | 6:30pm-7:30pm |
| Cardio Kickboxing - Ladies (non-contact) | 7:30pm-8:30pm |

| Thursday | |
|--|-----------------|
| Cardio Kickboxing - Ladies (non-contact) | 10:30am-11:30am |
| Muay Thai - Youth (ages 9-13) | 4:30pm-5:20pm |
| Muay Thai - Youth (ages 9-13) | 5:30pm-6:20pm |
| Muay Thai - Adult (open mat) | 6:30pm-7:30pm |
| Muay Thai - Beginners / Introductory | 7:30pm-8:30pm |

| Friday | |
|-----------------------------------|-----------------|
| Rock Steady Boxing - Levels 1 & 2 | 10:30am-11:45am |
| Muay Thai - Adult | 12:00pm-1:00pm |
| Rock Steady Boxing - Levels 3 & 4 | 2:30pm-3:45pm |
| Muay Thai - Children (ages 6-8) | 5:30pm-6:20pm |

| Saturday | |
|--------------------------------|-----------------|
| Muay Thai - Advanced Youth | 9:30am-10:20am |
| Muay Thai - Youth (ages 10-13) | 10:30am-11:20am |
| Muay Thai - Adult | 11:30am-12:30pm |