

Durham Muay Thai & Kickboxing Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal Training Available 4:00PM-5:00PM	Personal Training Available 4:00PM-5:00PM	Personal Training Available 4:00PM-5:00PM	Personal Training Available 4:00PM-5:00PM	Personal Training Available 4:00PM-5:00PM	Personal Training Available 7:00AM-8:00AM
Kids Ages 9-12 Muay Thai (5:00PM-5:40PM)	Kids Ages 5-8 Muay Thai (5:00PM-5:40PM)	Kids Ages 9-12 Muay Thai (5:00PM-5:40PM)	Kids Ages 5-8 Muay Thai (5:00PM-5:40PM)	Kids / Teens Ages 5-16 REC Sparring (5:00-5:40PM)	Kids Ages 5-8 Muay Thai (8:15AM-9:00AM)
10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	15 MIN BREAK
Teens Ages 13-16 Muay Thai (5:50PM-6:30PM)	Kids / Teens Fight Team Sparring (5:50PM-6:30PM)	Teens Ages 13-16 Muay Thai (5:50PM-6:30PM)	Kids / Teens Fight Team Sparring (5:50PM-6:30PM)	Teens Ages 13-16 Muay Thai (5:50PM-6:30PM)	Kids Ages 9-12 Muay Thai (9:15AM-10:00AM)
10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	15 MIN BREAK
Ladies Only Kickboxing (6:40PM-7:20PM)	Teens / Adults Boxing (6:40PM-7:20PM)	Ladies Only Kickboxing (6:40PM-7:20PM)	Teens / Adults Boxing (6:40PM-7:20PM)	Ladies Only Kickboxing (6:40PM-7:20PM)	Teens / Adults Boxing (10:15AM-11:00AM)
10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	
Adult Muay Thai (7:30PM-8:30PM)	Advanced Muay Thai (Equip. Required) (7:30PM-8:30PM)	Adult Muay Thai (7:30PM-8:30PM)	Advanced Muay Thai (Equip. Required) (7:30PM-8:30PM)	Adult Muay Thai (7:30PM-8:30PM)	
10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	10 MIN BREAK	
Adult REC Sparring (8:30PM-9:00PM)	Personal Training Available 8:30PM-9:30PM	Adult REC Sparring (8:30PM-9:00PM)	Personal Training Available 8:30PM-9:30PM	Adult Fight Team Sparring (8:30PM-9:00PM)	