

OMNI MARTIAL ARTS & FITNESS

WEEKLY CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00 AM						MUAY THAI
9:30 - 10:00 AM						BOOTCAMP
10:00 - 10:45 AM						FITNESS KICKBOXING
						JUNIOR MUAY THAI
11:00 - 12:00 PM						KRAV MAGA
12:00 - 1:00 PM	KRAV MAGA	FITNESS KICKBOXING	KRAV MAGA	FITNESS KICKBOXING		
4:00 - 4:30 PM	LIL DRAGONS (AGES 5-7)	LIL DRAGONS (AGES 5-7)	LIL DRAGONS (AGES 5-7)	LIL DRAGONS (AGES 5-7)		
	CUBS (AGES 3-4)					
4:45 - 5:30 PM	JUNIOR MUAY THAI	JUNIOR MUAY THAI	JUNIOR MUAY THAI	JUNIOR MUAY THAI		
5:00 - 5:30 PM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP		
5:30 - 6:15 PM	FITNESS KICKBOXING	FITNESS KICKBOXING		FITNESS KICKBOXING		
5:30 - 6:30 PM	KRAV MAGA	MUAY THAI	KRAV MAGA	MUAY THAI		
6:30 - 7:30 PM	MUAY THAI	KRAV MAGA	MUAY THAI	KRAV MAGA		
7:00 - 8:00 PM				MUAY THAI COMP		

