

## LITTLE WARRIOR KIDS MARTIAL ARTS SCHEDULE (6-11)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 PM ADVANCED MUAY THAI (KASRA)	5:00 PM BEGINNER MUAY THAI (ZUBAIR)	5:00 PM BJJ (ARMAND)	5:00 PM ADVANCED MUAY THAI (ZUBAIR)	5:00 PM BJJ (ARMAND)	10:00 AM BEGINNER MUAY THAI (KASRA)	10:00 AM ADVANCED BOXING (NOEL)
6:00 PM BEGINNER MUAY THAI (KASRA)		6:00 PM BEGINNER MUAY THAI (KASRA)	6:00 PM BEGINNER MUAY THAI (ZUBAIR)			

-Please contact us to inquire about current class availability. Options available for 1, 2 or 3 classes per week

## ADULT MEN SCHEDULE (12+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-8:00 PM ADVANCED MUAY THAI (ZUBAIR)		7:00 PM ADVANCED MUAY THAI (ZUBAIR)			11:00 AM ALL LEVELS BOXING (NOEL)
8:00 PM ALL LEVELS BOXING (KASRA)	8:00 PM BEGINNER MUAY THAI (KASRA)	7:00 PM ALL LEVELS MUAY THAI (ALI)	8:00 PM ALL LEVELS BOXING (NOEL)		12:00 PM BEGINNER MUAY THAI (KASRA)	12:00 PM ALL LEVELS MUAY THAI (ALI)

-Members must be approved before attending Advanced classes. All other classes are open to all levels

## ADULT WOMEN SCHEDULE (12+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 PM BOXING (KASRA)		5:00 PM MUAY THAI (KASRA)		7:00 PM MUAY THAI (MIRANDA)	1:00 PM MUAY THAI (KASRA)	2:00 PM MUAY THAI (MIRANDA)