

Evolution Muay Thai Revised Covid-19 Protocol Muay Thai Workout Schedule. Effective Monday, September 28, 2020.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 – 12:55 PM: MUAY THAI ALL LEVELS	12 – 12:55 PM: MUAY THAI ALL LEVELS	12 – 12:55 PM: MUAY THAI ALL LEVELS	12 – 12:55 PM: MUAY THAI ALL LEVELS	12 – 12:55 PM: MUAY THAI ALL LEVELS	12 – 12:55 PM: MUAY THAI ALL LEVELS	GYM CLOSED ON SUNDAYS
1 – 1:55 PM: MUAY THAI ALL LEVELS	1 – 1:55 PM: MUAY THAI ALL LEVELS	1 – 1:55 PM: MUAY THAI ALL LEVELS	1 – 1:55 PM: MUAY THAI ALL LEVELS	1 – 1:55 PM: MUAY THAI ALL LEVELS	1 – 1:55 PM: MUAY THAI ALL LEVELS	
Gym Closed 2pm-4pm	Gym Closed 2pm-4pm	Gym Closed 2pm-4pm	Gym Closed 2pm-4pm	Gym Closed 2pm-4pm	2 – 2:55 PM PM: MUAY THAI ALL LEVELS	
4 – 5:25 PM: FIGHT TEAM TRAINING	4 – 5:25 PM: FIGHT TEAM TRAINING	4 – 5:25 PM: FIGHT TEAM TRAINING	4 – 5:25 PM: FIGHT TEAM TRAINING	4 – 5:25 PM: FIGHT TEAM TRAINING		
5:30 - 6:25 PM: MUAY THAI ALL LEVELS	5:30 - 6:25 PM: MUAY THAI ALL LEVELS	5:30 - 6:25 PM: MUAY THAI ALL LEVELS	5:30 - 6:25 PM: MUAY THAI ALL LEVELS	5:30 - 6:25 PM: MUAY THAI ALL LEVELS		
6:30 – 7:25 PM: MUAY THAI ALL LEVELS	6:30 – 7:25 PM: MUAY THAI ALL LEVELS	6:30 – 7:25 PM: MUAY THAI ALL LEVELS	6:30 – 7:25 PM: MUAY THAI ALL LEVELS	6:30 – 7:25 PM: MUAY THAI ALL LEVELS		
7:30 – 8:25 PM: MUAY THAI ALL LEVELS	7:30 – 8:25 PM: MUAY THAI ALL LEVELS	7:30 – 8:25 PM: MUAY THAI ALL LEVELS	7:30 – 8:25 PM: MUAY THAI ALL LEVELS	7:30 – 8:25 PM: MUAY THAI ALL LEVELS		