

# EVOLUTION MUAY THAI TRAINING SCHEDULE: EFFECTIVE TUESDAY, AUGUST 21st 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:30 – 1:30PM MUAY THAI ALL LEVELS	<b>CLOSED ON SUNDAYS</b>
1:00 – 2:00PM MUAY THAI ALL LEVELS	1:00 – 2:00PM MUAY THAI ALL LEVELS	1:00 – 2:00PM MUAY THAI SPEED DRILLS	1:00 – 2:00PM MUAY THAI CLINCH	1:00 – 2:00PM MUAY THAI SPARRING	1:30 – 2:30PM MUAY THAI ALL LEVELS	
2:00-5:00PM GYM CLOSED	2:00-5:00PM GYM CLOSED	2:00-5:00PM GYM CLOSED	2:00-5:00PM GYM CLOSED	2:00-5:00PM GYM CLOSED	2:30 – 3:30PM MUAY THAI CLINCH	ALL LEVELS MUAY THAI (BEGINNERS WELCOME)
					NOVICE MUAY THAI 50+ VISITS	
					INTERMEDIATE MUAY THAI 100+ VISITS	
4:30PM – 5:30PM FIGHT TEAM *** INVITE ONLY ***	4:30PM – 5:30PM FIGHT TEAM *** INVITE ONLY ***	4:30PM – 5:30PM FIGHT TEAM *** INVITE ONLY ***	4:30PM – 5:30PM FIGHT TEAM *** INVITE ONLY ***	4:30PM – 5:30PM FIGHT TEAM *** INVITE ONLY ***	ADVANCED MUAY THAI 200+ VISITS	4:30PM – 5:30PM FIGHT TEAM **** INVITE ONLY ****
DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM		
5:30 – 6:30PM MUAY THAI ALL LEVELS	5:30 – 6:30PM MUAY THAI ALL LEVELS	5:30 – 6:30PM MUAY THAI ALL LEVELS	5:30 – 6:30PM MUAY THAI ALL LEVELS	5:30 – 6:30PM MUAY THAI ALL LEVELS		
6:30 – 7:30PM MUAY THAI ALL LEVELS	6:30 – 7:30PM MUAY THAI ALL LEVELS	6:30 – 7:30PM MUAY THAI ALL LEVELS	6:30 – 7:30PM MUAY THAI ALL LEVELS	6:30 – 7:30PM MUAY THAI ALL LEVELS		
7:30 – 8:30PM MUAY THAI ALL LEVELS	7:30 – 8:30PM MUAY THAI CLINCH	7:30 – 8:30PM MUAY THAI ALL LEVELS	7:30 – 8:30PM MUAY THAI SPARRING	7:30 – 8:20PM MUAY THAI SPEED DRILLS		