

Art of Eight - Hours Of Operation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30 - 06:15	Muay Thai General Class	Muay Thai General Class	Muay Thai General Class	Muay Thai General Class	Muay Thai General Class	07:00 - 08:00 Muay Thai General Class	CLOSED
06:15 - 07:00	Sparring/Drills	Clinching	Sparring/Drills	Clinching	Sparring/Drills	08:00 - 08:30 Clinching	
07:00 - 16:00	PT Available	PT Available	PT Available	PT Available	PT Available	PT Available	
16:00 - 16:30		Kids Muay Thai Class (5-10 yrs)		Kids Muay Thai Class (5-10 yrs)			
16:45 - 17:30		Juniors Muay Thai (10-15 yrs)		Juniors Muay Thai (10-15 yrs)			
18:00 - 19:00	Muay Thai General Class	Muay Thai General Class	Muay Thai General Class	Muay Thai General Class	Sparring/Drills		
19:00 - 19:30	Sparring/Drills	Clinching	Sparring/Drills	Clinching	CLOSED		