



# NOVEMBER 2023 CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30PM - 1:30PM <b>BOXING</b>	12:30PM - 1:30PM <b>BOXING</b> COMBAT CONDITIONING	12:30PM - 1:30PM <b>BOXING</b>		12:30PM - 1:30PM <b>MUAY THAI</b>	10:30PM - 11:30PM <b>BOXING</b> COMBAT CONDITIONING	12:30PM - 1:30PM <b>YOUTH PROGRAM</b> (AGES 6-12 ONLY)
<b>OPEN GYM</b> 1:30PM - 5:00PM		<b>OPEN GYM</b> 1:30PM - 5:00PM		<b>OPEN GYM</b> 1:30PM - 5:00PM	12:30PM - 1:30PM <b>BOXING</b>	1:30PM - 2:30PM <b>BOXING</b>
5:30PM - 6:30PM <b>YOUTH PROGRAM</b> (AGES 6-12 ONLY)	4:00PM - 5:00PM <b>WOMEN</b> BOXING & KICKBOXING	5:30PM - 6:30PM <b>YOUTH PROGRAM</b> (AGES 6-12 ONLY)	5:30PM - 6:30PM <b>BOXING</b> COMBAT CONDITIONING	5:30PM - 6:30PM <b>BOXING &amp; KICKBOXING</b> FUNDAMENTALS	1:30PM - 2:30PM <b>MUAY THAI</b>	
6:45PM - 7:45PM <b>BOXING</b> CONTACT DRILLS	5:00PM - 6:00PM <b>BOXING &amp; KICKBOXING</b> FUNDAMENTALS	6:45PM - 7:45PM <b>MUAY THAI</b>	6:45PM - 7:45PM <b>MUAY THAI</b> CONTACT DRILLS	6:45PM - 7:45PM <b>MUAY THAI</b>	<b>SPECIAL EVENTS:</b>  <b>MUAY THAI: CLINCHING</b> <b>THURSDAY, NOVEMBER 2ND at 6:45PM-7:45PM</b>  <b>SELF DEFENSE FOUNDATIONS (Ages 12+)</b> <b>WEDNESDAY, NOVEMBER 15 at 8:00PM-9:00PM</b> Regular Program - Kali will be substituted for Self-Defense Foundations on date noted above)  <b>COMPLIMENTARY FOR STRIKING TACTICS MEMBERS</b> <b>\$20.00 DROP-IN FEE FOR NON-MEMBERS</b>	
8:00PM - 9:00PM <b>MUAY THAI</b>	6:00PM - 7:00PM <b>BOXING</b> COMBAT CONDITIONING	8:00PM - 9:00PM <b>KALI</b>	7:45PM - 8:30PM <b>MUAY THAI</b> INTRO TO COMPETITION	7:45PM - 8:30PM <b>MUAY THAI</b> INTRO TO COMPETITION		
	7:00PM - 8:00PM <b>BOXING</b>		8:30PM - 9:00PM <b>BOXING</b> INTRO TO COMPETITION			

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Class changes are notified via Fit By WIX Mobile App

**MAXIMUM CLASS CAPACITY = 20** Walk-Ins are accommodated on a First Come, First Serve basis.

