



SCHEDULE

14255 BEACH BLVD,
JACKSONVILLE, FL 32250

MONDAY				
Open Gym 8:30 AM - 1:30 PM			Open Gym 5:00 PM - 8:00 PM	
8:30 AM - 9:30 AM	12:00 PM - 1:00 PM	5:00 PM - 5:45 PM	5:45 PM - 6:30 PM	6:30 PM - 8:00 PM
Muay Thai for Warriors (vets, police, firefighters)	All Levels Muay Thai	Mini Muay Thai (Ages 3 - 6)	Kids Muay Thai (Ages 7 - 11)	All Levels Muay Thai Camp

TUESDAY					
Open Gym 8:30 AM - 11:30 AM			Open Gym 5:00 PM - 9:00 PM		
9:30 AM - 10:30 AM	10:30 AM - 11:30 AM	5:00 PM - 5:45 PM	5:30 PM - 6:30 PM	6:30 PM - 7:30 PM	7:30 PM - 9:00 PM
All Levels Muay Thai	Rock Steady Level 1	Kids Muay Thai (Ages 7 - 11)	Junior Sparring	Teen Muay Thai (Ages 12 - 17)	Fight Team - Sparring (Level 3 Student & Above)
				All Levels Muay Thai	

WEDNESDAY					
Open Gym 8:30 AM - 1:30 PM			Open Gym 5:00 PM - 8:00 PM		
9:30 AM - 11:00 AM	12:00 PM - 1:00 PM	5:00 PM - 5:45 PM	5:30 PM - 6:30 PM	5:45 PM - 6:30 PM	6:30 PM - 8:00 PM
All Levels Muay Thai Camp	All Levels Muay Thai	Mini Muay Thai (Ages 3 - 6)	Women’s Muay Thai	Kids Muay Thai (Ages 7 - 11)	All Levels Muay Thai Camp

THURSDAY					
Open Gym 8:30 AM - 10:30 AM			Open Gym 5:00 PM - 9:00 PM		
9:30 AM - 10:30 AM	5:00 PM - 5:45 PM	5:30 PM - 6:30 PM	6:30 PM - 7:30 PM	7:30 PM - 9:00 PM	
All Levels Muay Thai	Kids Muay Thai (Ages 7 - 11)	Junior Sparring	Teen Muay Thai (Ages 12 - 17)	Fight Team - Sparring (Level 3 Student & Above)	
			All Levels Muay Thai		

FRIDAY					
Open Gym 8:30 AM - 1:30 PM					
8:30 AM - 9:30 AM	9:30 AM - 10:30 AM	10:30 AM - 11:30 AM	10:30 AM - 12:00 PM	12:00 PM - 1:00 PM	6:00 PM - 7:00 PM
Muay Thai for Warriors (vets, police, firefighters)	Rock Steady Level 1	Rock Steady Level 2	Fight Team - Sparring (Level 3 Student & Above)	All Levels Muay Thai	Women’s Muay Thai

SATURDAY			SUNDAY
Open Gym 8:30 AM - 12:00 PM			Open Gym 9:30 AM - 12:00 PM
8:30 AM - 9:45 AM	9:30 AM - 10:30 AM	10:30 AM - 12:00 PM	Text us at (904) 500-5425
Sparring Drills (Level 3 Student & Above)	Women's Muay Thai	All Levels Muay Thai Camp	
	Kids Muay Thai (Ages 7 - 11)		