



JMT

JAX MUAY THAI

SCHEDULE

MONDAY

Open Gym 8:30 AM - 1:30 PM

Open Gym 5:00 PM - 8:00 PM

8:30 AM - 9:30 AM	12:30 PM - 1:30 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 - 5)	Kids Muay Thai (Ages 6 - 11)	All Levels Muay Thai

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	5:45 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 6 - 11)	Kids Muay Thai (Ages 6 - 11)	Teen Muay Thai (Ages 12 - 17) All Levels Muay Thai	Sparring & Clinch

WEDNESDAY

Open Gym 8:30 AM - 1:30 PM

Open Gym 5:00 PM - 8:00 PM

9:30 AM - 11:00 AM	12:30 PM - 1:30 PM	5:00 PM - 5:45 PM	5:45 PM - 6:30 PM	6:30 PM - 8:00 PM	7:45 PM - 9:00 PM
All Levels Muay Thai Camp	All Levels Muay Thai	Mini Muay Thai (Ages 3 - 5)	Women's Muay Thai Kids Muay Thai (Ages 6 - 11)	All Levels Muay Thai Camp	Advanced Sparring & Scoring (Level 1 Boxers)

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	5:45 PM - 6:30 PM	6:30 PM - 7:30 PM	7:30 PM - 9:00 PM
All Levels Muay Thai	Kids Muay Thai (Ages 6 - 11)	Junior Sparring	Teen Muay Thai (Ages 12 - 17) All Levels Muay Thai	Sparring & Clinch

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	12:30 PM - 1:30 PM	5:30 PM - 6:30 PM
Muay Thai for Warriors (vets, police, firefighters)	Rock Steady Level 1	Rock Steady Level 2	All Levels Muay Thai	Women's Muay Thai

SATURDAY

Open Gym 8:30 AM - 12:00 PM

8:30 AM - 9:30 AM	9:30 AM - 10:30 AM	10:30 AM - 12:00 PM
Muay Thai for Warriors (vets, police, firefighters)	Women's Muay Thai	All Levels Muay Thai Camp
	Kids Muay Thai (Ages 6 - 11)	

SUNDAY

Open Gym 9:30 AM - 12:00 PM

Text us at

(904) 500-5425

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