



MARKHAM MARTIAL ARTS

SCHEDULE

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12:00 - 1:00 PM Muay Thai (ALL LEVELS)		12:00 - 1:00 PM Muay Thai (ALL LEVELS)		12:00 - 1:00 PM Muay Thai (ALL LEVELS)	10:00 - 11:00 AM Kids Muay Thai (ALL AGES)	Personal Training APPOINTMENT ONLY
5:00 - 5:45 PM 6 - 9 years Muay Thai	6:00 - 7:00 PM Fight Fit HIIT	5:00 - 5:45 PM 6 - 9 years Muay Thai	6:00 - 7:00 PM Fight Fit HIIT	5:00 - 5:45 PM 6 - 9 years Muay Thai	11:15 - 12:30 PM Muay Thai (ALL LEVELS)	Personal Training APPOINTMENT ONLY
6:00 - 7:00 PM 10 - 14 years Muay Thai	7:15 - 8:30 PM Muay Thai (ALL LEVELS)	6:00 - 7:00 PM 10 - 14 years Muay Thai	7:15 - 8:30 PM Muay Thai (ALL LEVELS)	6:00 - 7:00 PM 10 - 14 years Muay Thai	12:30 - 1:30 PM Open Mat Sparring Clinching	Personal Training APPOINTMENT ONLY
7:15 - 8:30 PM Muay Thai (ALL LEVELS)	8:30 - 9:30 PM Open Mat Sparring Clinching	7:15 - 8:30 PM Kickboxing (ALL LEVELS)	8:30 - 9:30 PM Open Mat Sparring Clinching	7:15 - 8:30 PM Boxing (ALL LEVELS)		Personal Training APPOINTMENT ONLY

EFFECTIVE OCTOBER 26, 2024 - SUBJECT TO CHANGE