

FUTURE, JUNIOR, & TEEN CHAMPS PROGRAM



Required Equipment for Classes

Gloves, mouthpiece, groin cup, shin guards, board shorts, t-shirt, Gi Top and Pants

(Private lessons and open gym available)

Time	Mon	Tues	Wed	Thurs	Fri	Sat
11A-12P						Junior Champs (Ages 8-12) Sparring
4:15P- 5P	Future Champs (Ages 5-7)	Future Champs (Ages 5-7)		Future Champs (Ages 5-7)		
5P-6P	Junior Champs (Ages 8-12)	Junior Champs (Ages 8-12)		Junior Champs (Ages 8-12)		
6P-7P	Teens Muay Thai	Teens Boxing	Teens MMA	Teens Muay Thai		
7P-8P	Teens MMA		Teens Muay Thai			