

TWIN DRAGON NORTH

Class Schedule as of October 2018

Personal training by appointment, weekdays before or after scheduled classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30am Gym Open		11:30am Gym Open			10:30am - 11:15am Children's Kickboxing	<i>Personal Training or Sparring By Appointment</i>
12:00pm - 1:00pm Muay Thai and Kickboxing		12:00pm - 1:00pm Muay Thai and K1 Kickboxing			11:15am - 11:45am Children's Sparring	
1:30pm Gym Closed		1:30pm Gym Closed			12:00pm - 1:00pm Muay Thai and Kickboxing	
6:00pm Gym Open	5:30pm - 6:15pm Children's class	6:00pm Gym Open	5:30pm - 6:15pm Children's class	6:00pm Gym Open	1:00pm - 2:00pm Sparring	
6:45pm - 7:45pm Kickboxing	6:45pm - 7:45pm Kickboxing	6:45pm - 7:45pm Kickboxing	6:45pm - 7:45pm Kickboxing	6:15pm - 7:30pm Muay Thai and Kickboxing	2:30pm Gym Closed	
8:30pm Gym Closed	8:30pm Gym Closed	8:30pm Gym Closed	8:30pm Gym Closed	8:30pm Gym Closed		