

TWIN DRAGON NORTH

Class Schedule as of February 26th 2019

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 - 11:30am Little Dragons* | <i>Personal Training or Sparring By Appointment</i> |
| 12:00pm - 1:00pm Muay Thai & Kickboxing | | 12:00pm - 1:00pm Muay Thai & Kickboxing | | | | |
| 1:30pm Gym Closed | | 1:30pm Gym Closed | | | 12:00pm - 1:00pm Muay Thai | |
| 6:00pm Gym Open | 5:30pm - 6:15pm Little Dragons* | 6:00pm Gym Open | 5:30pm - 6:15pm Little Dragons* | 6:00pm Gym Open | 1:00pm - 2:00pm Sparring | |
| 6:30pm - 8pm Advanced Muay Thai** | 6:30pm - 8pm Advanced Muay Thai** | 6:30pm - 8pm Advanced Muay Thai** | 6:30pm - 8pm Advanced Muay Thai** | | 2:30pm Gym Closed | |
| 6:45pm - 7:45pm Kickboxing | 6:45pm - 7:45pm Kickboxing | 6:45pm - 7:45pm Kickboxing | 6:45pm - 7:45pm Kickboxing | 6:15pm - 7:15pm Muay Thai | | |
| 8:15pm - 9:15pm Muay Thai | 8:15pm - 9:15pm Muay Thai | 8:15pm Gym Closed | 8:15pm - 9:15pm Muay Thai | 7:45pm - 8:45pm Muay Thai | | |
| 9:30pm Gym Closed | 9:45pm Gym Closed | | 9:45pm Gym Closed | 9:15pm Gym Closed | | |
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* Little Dragons is a Muay Thai and Kickboxing class for children ages 8 to 14.

** Starting February 14th 2019, the 6:30 to 8pm Advanced Muay Thai classes will be held in the ring.