

TWIN DRAGON NORTH

Class Schedule as of March 24th 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		
8pm - 9pm Muay Thai	8pm - 9pm Muay Thai	8:15pm Gym Closed	8pm - 9pm Muay Thai	7:30pm - 8:30pm Muay Thai		
9:30pm Gym Closed	9:30pm Gym Closed		9:30pm Gym Closed	9pm Gym Closed		

* 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.