



www.miltonmuaythai.ca  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DAY CLASSES</b>						
10am-11am Ladies MuayThai Kickboxing	Gym opens 9am	Gym opens at 9am	Gym opens at 3pm	Gym opens at 9am	Gym opens at 9am	8am-11am 9am-Advanced/ 8am-Competition Team
Boxing 11am-1230pm	930am-11am MuayThai	1130am-1230pm LunchThai		1130am-1230pm LunchThai	930am-11am MuayThai	1130am-1pm All Levels
	430-530pm Juniors 7-11yrs Teens 12-15yrs	430pm-5pm Lil Tigers 4-6yrs 5pm-545pm Juniors 7-11yrs Teens 12-15yrs	430-530pm Juniors 7-11yrs Teens 12-15yrs	430pm-5pm Lil Tigers 4-6yrs 5-545pm Juniors 7-11yrs Teens 12-15yrs	430-530pm Juniors 7-11yrs Teens 12-15yrs	
<b>EVENING CLASSES</b>						
	545pm-615pm Lil Tigers 4-6yrs	615pm-7pm Ladies Fitness Kickboxing	545pm-615pm Lil Tigers 4-6yrs	615pm-7pm Ladies Fitness Kickboxing	615pm-7pm Ladies MuayThai Kickboxing	Brazilian Jiu Jitsu 1pm-230pm
	615pm-7pm Junior Champs 7-12yrs	615pm-7pm Junior Champs 7-12yrs	615pm-7pm Junior Champs 7-12yrs	615pm-7pm Junior Champs 7-12yrs	615pm-7pm Junior Champs 7-12yrs	
Private Training Available Daily 8am-8pm Inquire at front desk	6pm-630pm 630pm-7pm MMT FIT (Co-ed)	Fight-Fit Conditioning 7pm-730pm	6pm-630pm 630pm-7pm MMT FIT (Co-ed)	Fight-Fit Conditioning 7pm-730pm		
	7-830pm Boxing	730pm-830pm Boxing	7-830pm Boxing	730pm-830pm Boxing	7pm-830pm Boxing	
	MuayThai 7pm-830pm	MuayThai Technique 730-830pm	MuayThai 7pm-830pm	MuayThai Technique 730pm-830pm	Open Gym 4pm-830pm	
	Brazilian Jiu Jitsu 830pm-10pm	Late Night Thai Padwork & Bagwork 830pm-930pm	Brazilian Jiu Jitsu 830pm-10pm	Late Night Thai Padwork & Bagwork 830m-930pm		