



TRAN'S MUAY THAI PROGRAMS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUAY THAI KICKBOXING 12PM - 1PM		MUAY THAI KICKBOXING 12PM - 1PM	MTKB ELITE CLASS 12PM - 1PM	SCHOOL CLOSED FRIDAYS AND SUNDAYS	MTKB ELITE CLASS 9:15 - 10 AM
JUNIOR CHAMPIONS TRAINING 4 PM - 4:20PM	LIL DRAGONS 4:45 PM - 5:15 PM	JUNIOR MUAY THAI KICKBOXING 4:30PM - 5:15PM			HIGH VOLTAGE TRAINING 9:15AM - 10 AM
JUNIOR MUAY THAI KICKBOXING 4:30PM - 5:15PM	JUNIOR MUAY THAI KICKBOXING 5:30PM - 6:15PM	MUAY THAI KICKBOXING 5:30PM - 6:30PM	JUNIOR CHAMPIONS 5:00PM - 5:20PM		MUAY THAI KICKBOXING 10:15AM - 11:15
MUAY THAI KICKBOXING 5:30PM - 6:30PM	HIGH VOLTAGE TRAINING 5:30PM - 6:15PM	BLACK BELT CHAMPIONS 6:30PM - 7:30PM	JUNIOR MUAY THAI KICKBOXING 5:30PM - 6:15PM		JUNIOR MUAY THAI KICKBOXING 10:15AM - 11:00
MTKB ELITE CLASS 5:30PM - 6:30PM	MUAY THAI KICKBOXING 6:30PM - 7:30PM		HIGH VOLTAGE TRAINING 5:30PM - 6:15PM		
BLACK BELT CHAMPIONS 6:30PM - 7:30 PM			MUAY THAI KICKBOXING 6:30PM - 7:30PM		

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Hours: MON 12pm - 8pm • TUES 2pm - 8pm • WED 12pm - 1pm/2pm- 8pm • THUR 2pm - 8pm • SAT 9am-12pm

- Must be invited to Black Belt Champions Program in order to attend Black Belt Champions
- Must be a Green Belt or above and enrolled in Elite Program to Attend MTKB Elite Class