

TRAN'S MUAY THAI PROGRAMS

UPDATED SCHEDULE WILL BEGIN JULY 12, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUAY THAI KICKBOXING 12PM - 1PM	BLACK BELT CHAMPIONS 12PM - 1PM	MUAY THAI KICKBOXING 12PM - 1PM	MTKB BLACK BELT CLASS 11AM - 12PM	MUAY THAI KICKBOXING 12PM - 1PM	YOUNG TIGERS 9:30 - 10:00
JUNIOR CHAMPIONS TRAINING 4:00 - 4:20PM	LIL DRAGONS 4:30 - 4:45 YOUNG TIGERS 4:45 - 5:15	JUNIOR MUAY THAI KICKBOXING 4:30PM - 5:15PM	BLACK BELT CHAMPIONS 12PM - 1:00PM		MUAY THAI KICKBOXING 10:15 AM - 11:15AM
JUNIOR MUAY THAI KICKBOXING 4:30PM - 5:15PM	JUNIOR MUAY THAI KICKBOXING 5:30PM - 6:15PM	TKD 5:30 - 6:30PM	LIL DRAGONS 4:30 - 4:45PM YOUNG TIGERS 4:45 - 5:15		JUNIOR MUAY THAI KICKBOXING 10:15 - 11:00AM
MUAY THAI KICKBOXING 5:30 - 6:30PM	TKD 5:30 - 6:30PM	MUAY THAI KICKBOXING 5:30 - 6:30PM	JUNIOR CHAMPIONS 5:00PM - 5:20PM		
MTKB BLACK BELT CLASS 5:30 - 6:30PM	HIGH VOLTAGE TRAINING 5:30 - 6:15	BLACK BELT CHAMPIONS 6:30 - 8:00PM	JUNIOR MUAY THAI KICKBOXING 5:30PM - 6:15PM		
BLACK BELT CHAMPIONS 6:30 - 8:00PM	MUAY THAI KICKBOXING 6:30 - 7:30PM		HIGH VOLTAGE TRAINING 5:30 - 6:15		
			MUAY THAI KICKBOXING 6:30 - 7:30PM	RED CARPET NIGHT 5:30PM (1 X MONTH)	

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www.TransMartialArts.com

Hours: MON, TUES, THURS 10AM-8:00PM • WED 12PM-8:00PM • SAT 9AM-12PM

- **Must be invited to Black Belt Champions Program in order to attend Black Belt Champions**
 - **Must be a Black Belt to Attend MTKB Black Belt Class**