

# Ultimate Martial Arts - Class Schedule

## Muay Thai Kickboxing Bag Classes & MMA Fitness Circuit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-7 pm Open	5:00 pm Jaskaran	5:00 pm Neil	5:00 pm Edwin		10:00 am Poriya	
7:00 pm Richard	5:30 pm Jaskaran	5:30 pm Neil	5:30 pm Edwin	5:30-8:30 pm Open	10:30 am Poriya	3 - 6:00 pm Open
7:30 pm Richard	6:00 pm Jaskaran	6:00 pm Neil	6:00 pm Edwin	6:00 pm Coming soon	11-1 pm Open	
8:00 pm Richard	6:30 pm Jaskaran	6:30 pm Neil	6:30 pm Edwin	6:30 pm Coming soon	3 :15 pm Ryan	
8:30 pm Richard	7-9 pm Open	7-9 pm Open	7-9 pm Open		3:45-6 pm Open	

## Adult Muay Thai Kickboxing Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15 am Novice Susheel	10:15 am Novice Alex		10:15 am Novice Alex			
6:00 pm Novice Aaron	6:00 pm Novice David		6:00 pm Novice Mostafa	6:00 pm Novice Karan	11:30 am Advanced Alex	4:30 pm Novice Kevron
	7:00 pm Intermediate Kru Paul	7:00 pm Novice Munny	7:00 pm Intermediate Kru Paul /Jay	7:00 pm Novice Karan		
8:00 pm Novice Sunveer	8:15 pm Novice Anthony	8:00 pm Novice Sean	8:15 pm Novice Moonsu		4:30 pm Novice Ryan	
9:00 pm Mixed Howard		9:00 pm Mixed Howard				

## Kids Muay Thai Kickboxing Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 pm Aaron	5:00 pm David	5:00 pm Toissant	5:00 pm Mostafa		10:15 am Alex	3:15 pm Kevron
7:00 pm Sunveer		6:00 pm Toissant				

**Monday-Thursday : 4:30-9:30pm**

**Friday: 5:30-8:30pm**

**Tuesday & Thursday : 10am-12pm**

**Saturday: 10am-6pm / Sunday: 2:30-6pm**