



# CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6AM</b>						Jiu Jitsu 7:00am-8:00am	
<b>8AM</b>		Muay Thai for Fitness 8:00am-9:00am		Muay Thai for Fitness 8:00am-9:00am		Muay Thai for Fitness 8:00am-9:00am	
<b>9AM</b>						Muay Thai Beginning 9:00am-10:00am	
<b>10AM</b>	Muay Thai Beginning/Int 10:00am-11:00am		Muay Thai Beginning/Int 10:00am-11:00am		Muay Thai Beginning/Int 10:00am- 11:00am	Muay Thai Int/Advanced 10:00am-11:00am	
<b>11AM</b>						Muay Thai Int/Adv Drills & Sparring 11:00am-12:00pm	
<b>12PM</b>						All In One 12:30pm-1:30pm Self-Protection \$20 Intro 2:00pm-2:30pm Beginning 2:30-3:30pm Int/Adv 3:30-4:30pm	
<b>OPEN MAT- NO CLASSES IN SESSION</b>							
<b>4PM</b>		Jr. Muay Thai (ages 5-8) Beginning 4:30pm-5:15pm		Jr. Muay Thai (ages 5-8) Beginning 4:30pm-5:15pm	Jr. Muay Thai (ages 5-8) Intermediate 4:30pm-5:15pm		
<b>5PM</b>	Jr. Muay Thai Intermediate 5:00pm-5:45pm	Jr. Muay Thai (ages 9-15) Beginning 5:15pm-6:00pm	Jr. Muay Thai Intermediate 5:00pm-5:45pm	Jr. Muay Thai (ages 9-15) Beginning 5:15pm-6:00pm	Jr. Ring Training Intermediate 5:15pm-6:00pm		
<b>6PM</b>	Muay Thai Beginning 6:30pm-7:30pm	Boxing for Fitness Intro 6:15pm-6:30pm 6:30pm-7:30pm	Muay Thai Beginning 6:30pm-7:30pm	All in One 6:30pm-7:30pm	Muay Thai Advanced 6:00pm-7:00pm		
<b>7PM</b>	Muay Thai Int/Adv 7:30pm-8:30pm	Muay Thai Beginning 7:30pm-8:30pm	Clinching (All Levels) 7:30pm-8:30pm	Muay Thai Beginning 7:30pm-8:30pm			
<b>8PM</b>		Muay Thai Int/Adv 8:30pm-9:30pm	Jiu Jitsu 8:30pm-9:30pm	Muay Thai Int/Adv 8:30pm-9:30pm			

*\*classes and instructors are subject to change*

**Hours of Operation Monday through Friday, 5:00am-10:00pm | Saturday, 7:00am-5:00pm | Sunday, 8:00am-5:00pm**

Address: 11116 Weddington St.  
North Hollywood, CA 91601  
Phone: (818) 980-6688  
Fax: (818) 980-6687

**FREE PARKING** is available on site and at the Art Institute Parking structure on the 5<sup>th</sup> and 6<sup>th</sup> floor on the corner of Weddington and Lankershim (5250 Lankershim Blvd. entrance on Weddington). Please bring your parking ticket to our front desk for validation.

## AT ONE FITNESS

Website: [www.atonefitness.com](http://www.atonefitness.com)  
E-mail: [info@atonefitness.com](mailto:info@atonefitness.com)

## MUAY THAI SCHOOL U.S.A.

Website: [www.muaythaischoolusa.com](http://www.muaythaischoolusa.com)  
E-mail: [info@muaythaischoolusa.com](mailto:info@muaythaischoolusa.com)

