



BE INSPIRED™

FAIRTEX MUAYTHAI FITNESS

132-140 Hawthorne Street, San Francisco, CA 94107

TEL: 1.888.FAIRTEX (324-7839) 415.777.5888 FAX: 415.908.3888 www.fairtex.com info@fairtex.com

Effective November 12, 2009

TIME	MONDAY 7:00AM – 9:00PM	TUESDAY 10:00AM – 9:00PM	WEDNESDAY 7:00AM – 9:00PM	THURSDAY 10:00AM – 9:00PM	FRIDAY 7:00AM – 8:00PM	SATURDAY 10:00AM – 2:00PM
7:00 – 8:00AM	MT ALL Ganyao		MT ALL Jongsanan		MT ALL Rotation	
10:00 – 11:00AM	MT ALL Jongsanan	MT ALL Jongsanan	MT ALL Ganyao	MT ALL Jongsanan	MT ALL Rotation	BOX ALL James
11:00 – 12:00PM						MT ALL Rotation
11:30 – 1:30PM		BJJ ALL (No-Gi) Romulo		BJJ ALL (No-Gi) Romulo		
12:00 – 1:00PM	MT ALL Ganyao	MT ALL Ganyao	MT ALL Jongsanan	MT ALL Ganyao	MT ALL Rotation	MT ALL Rotation
12:00 – 2:00PM						BJJ D/S (Optional Gi) Romulo
3:00 – 5:00 PM	Fighters Training	Fighters Training	Fighters Training	Fighters Training	Fighters Training	
5:30 – 6:30 PM	MT ALL Jongsanan & Ganyao	MT ALL Jongsanan & Ganyao	MT ALL Jongsanan & Ganyao	MT ALL Jongsanan & Ganyao	MT ALL Jongsanan & Ganyao	
6:00 – 8:00 PM	WR ALL Josh	BJJ ALL (Gi) Romulo	BJJ BEG (Gi) Romulo	BJJ ALL (Gi) Romulo	BJJ SD (Gi) Romulo	
6:30 – 7:30 PM	BOX ALL James	BOX ALL James	BOX ALL James	BOX ALL James		
	MT L2 Jongsanan	MT L2 Jongsanan	MT L2 Sparring Jongsanan	MT L2 Jongsanan	MT L2 Rotation	
7:30 – 8:30 PM	MT L1 Jongsanan	MT ALL Ganyao	MT L1 Ganyao	MT ALL Jongsanan		

You MUST be a Level 2, 3 or Fairtex Fighter to participate in sparring classes. NO Level 0 & Level 1

KEY: MT = Muay Thai BJJ = Brazilian Jiu Jitsu BOX = Boxing WR = Wrestling
 ALL = All Levels L1 = Level 1 L2 = Level 2 BEG = Beginner SD = Self Defense D/S = Drills/Sparring