



# FAIRTEX MUAYTHAI FITNESS

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open - Close	7:00 AM-8:30 PM	9:30 AM-8:30 PM	7:00 AM-8:30 PM	9:30 AM-8:30 PM	7:00 AM-8:30 PM	9:30 AM-1:00 PM
7:00-8:00 AM	MUAYTHAI ALL LEVEL (Anh) JIU-JITSU (Leopoldo)		MUAYTHAI ALL LEVEL (Anh) JIU-JITSU (Leopoldo)		MUAYTHAI ALL LEVEL (Anh)	
10:00-11:00 AM	MUAYTHAI ALL LEVEL (Anh)	MUAYTHAI ALL LEVEL (Anh)	MUAYTHAI ALL LEVEL (Anh)	MUAYTHAI ALL LEVEL (Anh)	MUAYTHAI ALL LEVEL (Anh)	ALL LEVEL MT (Jenna)
11:00-12:00 PM						YOUTH MUAYTHAI (Jenna) ALL LEVEL MT (Ryan) JIU-JITSU (Leopoldo)
12:00-1:00 PM	JIU-JITSU (continued) MUAYTHAI ALL LEVEL (Nathan)		JIU-JITSU (continued) MUAYTHAI ALL LEVEL (Nathan)		JIU-JITSU (continued) MUAYTHAI ALL LEVEL (Nathan)	JIU-JITSU (continued) ALL LEVEL MT (Ryan)
1:00-5:30 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
5:30-6:30 PM	YOUTH MUAYTHAI (Paul/Gaston) MT LEVEL 1 (Nathan) MT LEVEL 2 (Ryan/Anh) JIU-JITSU (Leopoldo)	YOUTH MUAYTHAI (Charles) MT LEVEL 1 (Nathan) MT Level 3 (Anh) JIU-JITSU (Leopoldo)	YOUTH MUAYTHAI (Paul/Gaston) MT LEVEL 1 (Nathan) MT LEVEL 2 (Ryan/Anh) JIU-JITSU (Leopoldo)	YOUTH MUAYTHAI (Charles) MT LEVEL 1 (Nathan) MT Level 3 (Anh) JIU-JITSU (Leopoldo)	YOUTH MUAYTHAI (Paul/Gaston) MT LEVEL 1 (Nathan) MT LEVEL 2 (Ryan/Anh) JIU-JITSU (Leopoldo)	
6:30-7:30 PM	JIU-JITSU (continued) MT LEVEL 2 (Ryan/Anh)	JIU-JITSU (continued) Strength Conditioning and Sparring (Omar /Nathan) MT LEVEL3 Clinching (Anh)	JIU-JITSU (continued) MT LEVEL 2 (Ryan/Anh)	JIU-JITSU (continued) Strength Conditioning and Sparring (Omar /Nathan) MT LEVEL3 Clinching (Anh)	JIU-JITSU (continued) MT LEVEL 2 (Ryan/Anh)	
7:30-8:30 PM	MT LEVEL 1 (Nathan) Jiu-Jitsu Beginner	MT LEVEL 1 (Nathan) MT LEVEL 2 (Anh) WRESTLING (Justin)	MT LEVEL 1 (Nathan) Sparring (Ryan) Jiu-Jitsu Beginner	MT LEVEL 1 (Nathan) MT LEVEL 2 (Anh) WRESTLING (Justin)	MT LEVEL 1 or Intro to Sparr (Nathan)	Effective November 2,2009