

HORIZON MUAY THAI TRAINING SYSTEMS

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>9:00 – 10:00 am Women's Kick Fit</p> <p>10:30 – 11:30 am Muay Thai (All Levels)</p>
	<p>4:00 – 5:00 pm Kids Kickboxing</p> <p>5:00 – 6:00 pm Hit Fit (Cardio Boxing)</p> <p>6:00 – 7:00 pm Muay Thai (All Levels)</p>		<p>4:00 – 5:00 pm Kids Kickboxing</p> <p>5:00 – 6:00 pm Muay Thai Youth 13 – 17 years old</p> <p>6:00 – 7:00 pm Muay Thai (All Levels)</p>	<p>4:30 – 5:30 pm Kick Fit (Cardio Kickboxing)</p> <p>5:30 – 7:00 pm Competition Team Training *Invite Only*</p>	<p>5:00 – 6:00 pm Hit Fit (Cardio Boxing)</p> <p>6:00 – 7:00 pm Heavy Bag & Pad Work</p>	

BOOK YOUR SPOT ONLINE
www.teamhorizonhawaii.com
 808-500-2259

 TeamHorizon MuayThai

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