

HORIZON MUAY THAI TRAINING SYSTEMS

SUMMER CLASS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|---|
| <p>11:00 am – 12:00 pm Muay Thai Novice</p> | <p>3:00 – 4:00 pm Kids Rookies Kickboxing</p> <p>4:00 – 5:00 pm Hit Fit (Cardio Boxing)</p> <p>5:00 – 6:00 pm Muay Thai Intermediate</p> | <p>6:00 – 7:30 am Competition Team Training (Invite Only)</p> <p>7:30 – 8:30 am Kick Fit (Cardio Kickboxing)</p> | <p>8:00 – 9:00 am Muay Thai Novice</p> <p>3:00 – 4:00 pm Kids Rookies Kickboxing</p> <p>4:00 – 5:00 pm Strength & Conditioning</p> <p>5:00 – 6:00 pm Muay Thai Intermediate</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>9:00 – 10:00 am Women's Kick Fit</p> <p>3:00 – 4:00 pm Strength & Conditioning</p> <p>4:00 – 5:00 pm Hit Fit (Cardio Boxing)</p> <p>5:00 – 6:00 pm Kids Rookies Kickboxing</p> <p>6:00 – 7:00 pm Muay Thai Novice</p> | <p>9:00 – 10:00 am Women's Kick Fit</p> |

BOOK YOUR SPOT ONLINE

www.teamhorizonhawaii.com

 808-500-2259

Follow us on social media for class updates

 TeamHorizon MuayThai

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