



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cardio Kickboxing 6:00 AM to 6:45 AM	Cardio Kickboxing 6:00 AM to 6:45 AM	Cardio Kickboxing 6:00 AM to 6:45 AM		
	Open Gym 9:00 AM to 10:00 AM 10:00 AM to 11:00 AM	Open Gym 9:00 AM to 10:00 AM 10:00 AM to 11:00 AM	Open Gym 9:00 AM to 10:00 AM 10:00 AM to 11:00 AM	Open Gym 9:00 AM to 10:00 AM 10:00 AM to 11:00 AM	Open Gym 9:00 AM to 10:00 AM 10:00 AM to 11:00 AM	Circuit Class 10:00 AM to 11:00 AM Children's Muay Thai 10:00 AM to 11:00 AM
Cardio Kickboxing 11:00 AM to 12:00 PM	Thaipads Class 11:00 AM to 12:00 PM	Muay Thai Technique 11:00 AM to 12:00 PM	Thaipads Class 11:00 AM to 12:00 PM	Muay Thai Technique 11:00 AM to 12:00 PM	Thaipads Class 11:00 AM to 12:00 PM	Muay Thai Technique 11:00 AM to 12:00 PM Beginner Muay Thai 11:00 AM to 12:00 PM
Muay Thai Technique 12:00 PM to 1:00 PM	Cardio Kickboxing 12:00 PM to 1:00 PM	Cardio Kickboxing 12:00 PM to 1:00 PM	Cardio Kickboxing 12:00 PM to 1:00 PM Beginner Muay Thai 12:00 PM to 1:00 PM	Cardio Kickboxing 12:00 PM to 1:00 PM	Cardio Kickboxing 12:00 PM to 1:00 PM	Intro to Sparring, Clinching & Ladies Sparring Alternating Saturdays 12:00 PM to 1:00 PM Teen Class 12:00 PM to 1:00 PM
	Gym Closed 1:30 PM to 4:30 PM	Gym Closed 1:30 PM to 4:30 PM	Gym Closed 1:30 PM to 4:30 PM	Gym Closed 1:30 PM to 4:30 PM	Gym Closed 1:30 PM to 4:30 PM	
	Open Gym 4:30 PM to 5:30 PM	Open Gym 4:30 PM to 5:30 PM	Open Gym 4:30 PM to 5:30 PM	Open Gym 4:30 PM to 5:30 PM	Open Gym 4:30 PM to 5:30 PM	
	Muay Thai Technique 5:30 PM to 6:30 PM Beginner Muay Thai 5:30 PM to 6:30 PM	Muay Thai Fight Camp 5:30 PM to 7:00 PM	Muay Thai Technique 5:30 PM to 6:30 PM	Muay Thai Fight Camp 5:30 PM to 7:00 PM	Muay Thai Technique 5:30 PM to 6:30 PM	
	Cardio Kickboxing 6:30 PM to 7:30 PM Children's Muay Thai 6:30 PM to 7:30 PM		Cardio Kickboxing 6:30 PM to 7:30 PM Children's Muay Thai 6:30 PM to 7:30 PM		Cardio Kickboxing 6:30 PM to 7:30 PM	
	Muay Thai Technique 7:30 PM to 8:30 PM	Beginner Muay Thai 7:00 PM to 8:00 PM Teen Class 7:00PM to 8:00 PM	Muay Thai Technique 7:30 PM to 8:30 PM	Beginner Muay Thai 7:00 PM to 8:00 PM Teen Class 7:00PM to 8:00PM	Sparring (All Levels) 7:30 PM to 8:30 PM	
	Sparring (All Levels) & Open Gym 8:30 PM to 9:30 PM	Karate 8:00 PM to 9:00 PM	Sparring (All Levels) & Open Gym 8:30 PM to 9:30 PM	Karate 8:00 PM to 9:00 PM		

Visit www.teamsmandych.ca to get started

* * Schedule Effective January 1, 2025 * *