



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	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	Cardio Kickboxing Also Available Online 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	Children's Muay Thai 10:00 AM to 11:00 AM
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	Muay Thai Technique 11:00 AM to 12:00 PM Beginner Muay Thai 11:00 AM to 12:00 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	Intro to Sparring OR Ladies Sparring Alternating Saturdays 12:00 PM to 1:15 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 Also Available Online 6:30 PM to 7:30 PM		Cardio Kickboxing Also Available Online 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		Children's Muay Thai 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	Muay Thai Technique 7:30 PM to 8:30 PM	Beginner Muay Thai 7:00 PM to 8:00 PM	Sparring (All Levels) 7:30 PM to 8:30 PM	
	Thaipads Class 8:30 PM to 9:30 PM	Karate 8:00 PM to 9:00 PM	Thaipads Class 8:30 PM to 9:30 PM	Karate 8:00 PM to 9:00 PM		

Visit www.teamsmandych.ca to get started

* * Schedule Effective November 15, 2021 * *