

# HORIZON MUAY THAI TRAINING SYSTEMS

## CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 - 1:00 pm Muay Thai Novice	3:00 – 4:00 pm Kids Rookies Kickboxing	6:00 – 7:30 am Competition Team Training *Invite Only*	9:00 – 10:00 am Muay Thai Novice		9:00 – 10:00 am Women's Kick Fit	9:00 – 10:00 am Women's Kick Fit
	4:00 – 5:00 pm Hit Fit (Cardio Boxing)	9:00 – 10:00 am Kick Fit (Cardio Kickboxing)	3:00 – 4:00 pm Kids Rookies Kickboxing		3:00 – 4:00 pm Strength & Conditioning	
	5:00 – 6:00 pm Muay Thai Intermediate		4:00 – 5:00 pm Strength & Conditioning	4:30 – 5:30 pm Kick Fit (Cardio Kickboxing)	4:00 – 5:00 pm Hit Fit (Cardio Boxing)	
			5:00 – 6:00 pm Muay Thai Intermediate	5:30 – 7:00 pm Competition Team Training *Invite Only*	5:00 – 6:00 pm Kids Rookies Kickboxing	
					6:00 – 7:00 pm Muay Thai Novice	

BOOK YOUR SPOT ONLINE  
[www.teamhorizonhawaii.com](http://www.teamhorizonhawaii.com)

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