

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>S</u>
Muay Thai (All Levels)  630-715am		Boxing (All Levels)  630-715am		Muay Thai (Freestyle Pads)  630-715am	Weekly Review Class Muay Thai (All Levels)  10:00-11:00am	CLOSED
Muay Thai (Mixed Level)  11:00-1230	Muay Thai (Mixed Level)  11:00-1230	Boxing (Mixed Level)  11:00-1230	Muay Thai (Mixed Level)  11:00-1230	Muay Thai (Mixed Level)  11:00-1230	Kids and Junior Muay Thai Pad drill class (All Levels)  11:00-1145am	
					Kids, Junior and Adult Comp Team Sparring  11:45-1:15	
Fifth Round Fitness  530-615pm	Kids Muay Thai Ages 3-9  530-615pm	Kids and Junior Muay Thai Sparring  530-615pm	Kids Muay Thai Ages 3-9  530-615pm	Community Pads with Instructors  (All Levels, Classes, Programs)  530-7:00pm		
Muay Thai Basics  615-7:00pm	Junior Muay Thai Ages 10-13  615-7:00pm	Muay Thai Basics  615-7:00pm	Junior Muay Thai Ages 10-13  615-7:00pm			
Muay Thai (Intermediate)  7:00-8:00pm	Muay Thai (Intermediate)  7:00-8:00pm	Thai Conditioning (intermediate)  7:00-8:00pm	Muay Thai (Intermediate)  7:00-8:00pm			
Adult Technical Sparring (All Levels)  8:00-845pm	Boxing  8:00-8:45pm	Adult Comp Team Sparring  8:00-8:45pm	Boxing  8:00-8:45pm			

## Fifth Round Muay Thai

[www.fifthround.ca](http://www.fifthround.ca) 519-703-0725

Open 6 Days a Week  
Start your FREE 30 DAY TRIAL TODAY

# Fifth Round Muay Thai Schedule Information:

Level	Gear Required
Beginner	Muay Thai Shorts-Boxing Gloves
Adult All Levels (Beginner/Intermediate/Advanced)	Muay Thai Shorts-Boxing Gloves-Hand Wraps-
Intermediate	Muay Thai Shorts-Boxing Gloves-Handwraps-Shin Guards
Adult Advanced	Muay Thai Shorts-Boxing Gloves-Handwraps-Shin Guards-Mouth Guard
Kids Muay Thai (Ages 3-9)	Muay Thai Shorts-Boxing Gloves
Kids & Junior Advanced	Muay Thai Shorts-Boxing Gloves-Handwraps-Shin Guards-Mouth Guard-Headgear
Mixed Levels (intermediate/Advanced)	Muay Thai Shorts-Boxing Gloves-Handwraps-Shin Guards-Mouth Guard
Junior Muay Thai (ages 10-13)	Muay Thai Shorts-Boxing Gloves

## **FREE 30 DAY TRIAL**

**Adults FREE 30 DAY TRIAL** you can attend any White Class (Beginner)

**Kids FREE 30 DAY TRIAL** you can attend any Yellow Class (All Levels)

**Junior FREE 30 DAY TRIAL** you can attend any Light Green Class (All Levels)

**\*While on TRIAL we will provide you with Boxing Gloves for you to use\***