

Texas Muay Thai & Kickboxing Academy Seabrook

Adult Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Muay Thai		6:00 AM Muay Thai		6:00 AM Muay Thai		Closed
11:30-12:30 Kickboxing	11:30-12:30 Kickboxing	11:30-12:30 Kickboxing	11:30-12:30 Kickboxing	11:30-12:30 Kickboxing		Closed
	6:00pm Cardio Kickboxing		6:00pm Cardio Kickboxing		10:30am Muay Thai All Levels	
						Closed
7:00pm Muay Thai Bag Class	7:00pm Muay Thai Pads Class	7:00pm Muay Thai Pads Class	7:00pm Muay Thai Bag Class	7:00-8:30 pm Muay Thai Sparring ALL levels		Closed
8:00pm Muay Thai Pads Class	8:00pm Muay Thai Blocking Drills All Levels	8:00pm Muay Thai Fighter class Invite only	8:00 Muay Thai Clinch Class All Levels			Closed

Kids Schedule

5:15-6:00 pm Kids Muay Thai 6-9 Years		5:15-6:00 pm Kids Muay Thai 6-9 Years		5:15-6:00 pm Kids Muay Thai 6-9 Years		Closed
6:00-7:00 pm Kids Muay Thai 10-13 Years		6:00-7:00 pm Kids Muay Thai 10-13 Years		6:00-7:00 pm Kids Muay Thai 10-13 Years		