

# GALLOS

BOXING MUAY THAI MMA

## CLASS SCHEDULE 8/24 - 8/30

| MON                                             | TUE                                              | WED                                           | THU                                              | FRI                                                | SAT                                         | SUN                                            |
|-------------------------------------------------|--------------------------------------------------|-----------------------------------------------|--------------------------------------------------|----------------------------------------------------|---------------------------------------------|------------------------------------------------|
|                                                 | Boxing/Muay Thai<br>Bags & Conditioning<br>6-7AM |                                               | Boxing/Muay Thai<br>Bags & Conditioning<br>6-7AM |                                                    | Boxing/Muay Thai<br>Coach Jarrod<br>10-11AM | Boxing, Muay Thai<br>& MMA Sparring<br>10-11AM |
| Boxing<br>Skills/Tech Sparring<br>9-10AM        |                                                  | Boxing<br>Skills/Tech Sparring<br>9-10AM      |                                                  | Boxing<br>Skills/Tech Sparring<br>9-10AM           |                                             |                                                |
| Boxing<br>Skills/Tech Sparring<br>4:30-5:30PM   | No Gi Jiu Jitsu<br>Fundamentals<br>4:30-5:30PM   | Boxing<br>Skills/Tech Sparring<br>4:30-5:30PM | No Gi Jiu Jitsu<br>Fundamentals<br>4:30-5:30PM   |                                                    |                                             |                                                |
| Boxing<br>Skills/Tech Sparring<br>5:30-6:30PM   | Muay Thai<br>Skills/Tech Sparring<br>5:30-6:30PM | Boxing<br>Coach Sean<br>5:30-6:30PM           | Muay Thai<br>Coach Jarrod<br>5:30-6:30PM         | Boxing<br>Coach Ivan<br>5:30-6:30PM                |                                             |                                                |
| Muay Thai<br>Bags & Conditioning<br>6:30-7:30PM | Boxing<br>Bags & Conditioning<br>6:30-7:30PM     | Muay Thai<br>Coach Trevor<br>6:30-7:30PM      | Boxing<br>Coach Sean<br>6:30-7:30PM              | Boxing, Muay Thai<br>& MMA Sparring<br>6:30-7:30PM |                                             |                                                |
| Boxing<br>Skills/Tech Sparring<br>7:30-8:30PM   | Boxing<br>Bags & Conditioning<br>7:30-8:30PM     | Boxing<br>Coach Carlos<br>7:30-8:30PM         | Boxing<br>Coach Carlos<br>7:30-8:30PM            |                                                    |                                             |                                                |

# GALLOS

BOXING MUAY THAI MMA

## CLASS SCHEDULE 8/31 - 9/6

MON

TUE

WED

THU

FRI

SAT

SUN

Boxing/Muay Thai  
Bags & Conditioning  
6-7AM

Boxing/Muay Thai  
Bags & Conditioning  
6-7AM

Boxing/Muay Thai  
Bags & Conditioning  
10-11AM

Boxing, Muay Thai  
& MMA Sparring  
10-11AM

Boxing  
Skills/Tech Sparring  
9-10AM

Boxing  
Skills/Tech Sparring  
9-10AM

Boxing  
Skills/Tech Sparring  
9-10AM

Boxing  
Skills/Tech Sparring  
4:30-5:30PM

No Gi Jiu Jitsu  
Fundamentals  
4:30-5:30PM

Boxing  
Skills/Tech Sparring  
4:30-5:30PM

No Gi Jiu Jitsu  
Fundamentals  
4:30-5:30PM

Boxing  
Coach Sean  
5:30-6:30PM

Muay Thai  
Coach Jarrod  
5:30-6:30PM

Boxing  
Skills/Tech Sparring  
5:30-6:30PM

Muay Thai  
Skills/Tech Sparring  
5:30-6:30PM

Boxing  
Bags & Conditioning  
5:30-6:30PM

Muay Thai  
Coach Trevor  
6:30-7:30PM

Boxing  
Coach Sean  
6:30-7:30PM

Muay Thai  
Bags & Conditioning  
6:30-7:30PM

Boxing  
Bags & Conditioning  
6:30-7:30PM

Boxing, Muay Thai  
& MMA Sparring  
6:30-7:30PM

Boxing  
Coach Carlos  
7:30-8:30PM

Boxing  
Coach Carlos  
7:30-8:30PM

Boxing  
Skills/Tech Sparring  
7:30-8:30PM

Boxing  
Bags & Conditioning  
7:30-8:30PM